

THE CRAZY WISDOM COMMUNITY JOURNAL

ANN ARBOR'S HOLISTIC MAGAZINE

FREE

Issue 44

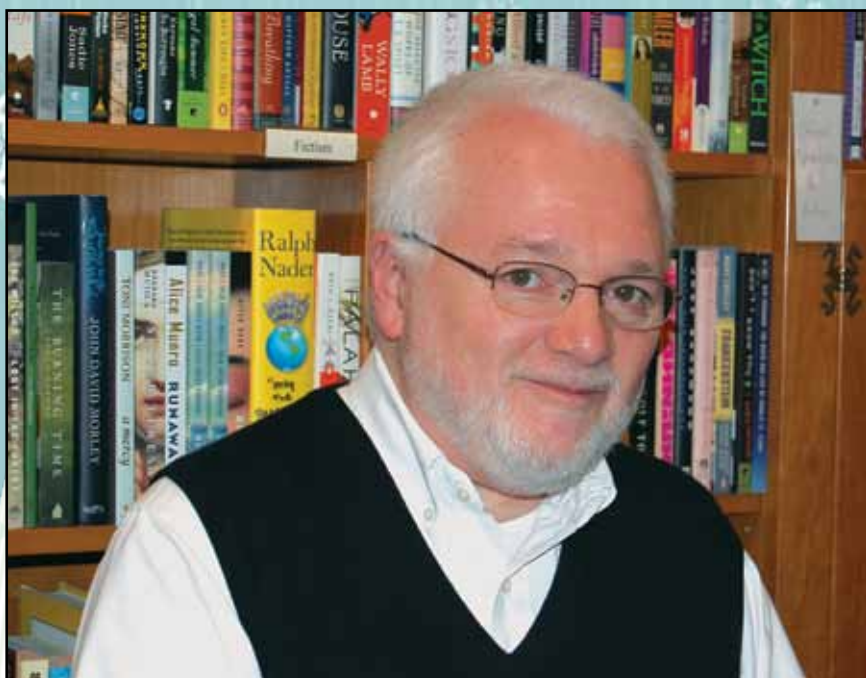
JANUARY THROUGH APRIL 2010



**Dr. Monica Turenne & Dr. Jennifer Wass,
Holistic Veterinarians**



Polarity Therapist Karen Kerns



**Spiritual Director Jonathan Ellis
Moves Home to Ann Arbor**



**Couples Therapist Carole Kirby
on Gay and Lesbian Relationships**

**The Crazy Wisdom Interview with Karen Kerns --
on Healing, Polarity Therapy and Craniosacral Bodywork**

**Complementary Health and Healing for our
Animal Companions and Friends**

**What's New in the Community · Free Calendar of Local Classes · Helen Slomovits
· Questions for Christy DeBurton about the Yoga Book Club and for Janene Ternes
about Prayer in Motion · A Visit to the Clean Energy Outlet · and More**



Coming next issue ---

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Good Eating Habits

the Healthy Household

Integrative Medical Care for Kids

Yoga and Kids

Dads
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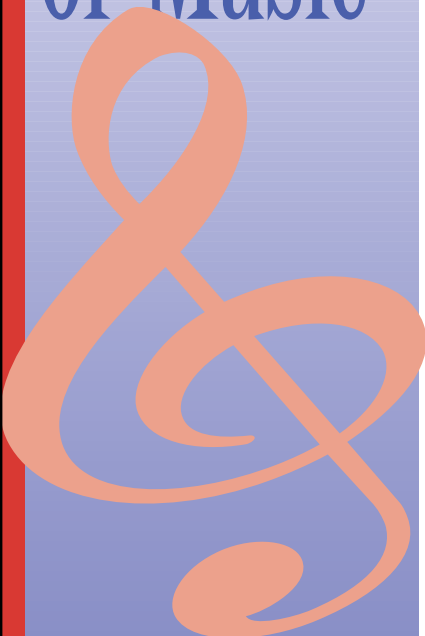
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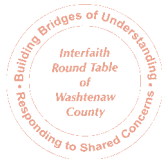
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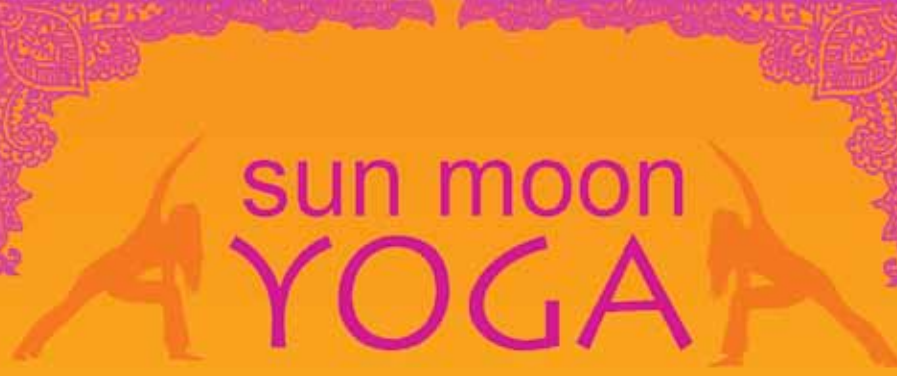
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The Crazy Wisdom Community Journal

Ann Arbor's Holistic Magazine

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journal*, now in its 15th year of publication, is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well being.

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Calendar Submissions:

The **deadline for free calendar submissions**
for the May thru August 2010 issue is **Wednesday, March 24**

Ad Submissions:

The deadline for paid advertising is **Friday, April 2**

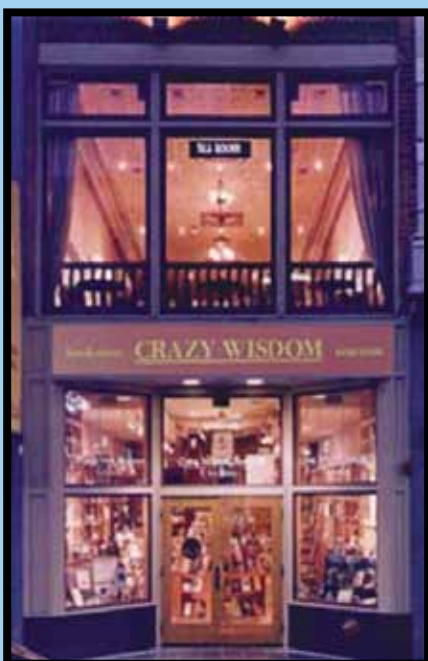
The issue will be distributed starting in the last week of April. 5,500 copies of this issue of *The Crazy Wisdom Community Journal* were printed, and they are available at our bookstore as well as at more than 95 other locations in the greater Ann Arbor area, and in southeastern Michigan. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. www.crazywisdom.net. Our Holistic Resource Guide on the web can be found at: AnnArborHolistic.com



**Couples Therapist
Carole Kirby**



**Veterinarian Dr. John Smith
of Petcare Animal Clinic**



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Crazy Wisdom Bookstore was founded in 1982. It has been owned since 1989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter, husband-and-wife.

This issue of **The Crazy Wisdom Community Journal** was organized and edited by Bill Zirinsky. Calendar Editor: Sarah Newland. Production and Design Editors: Molly Nuzzo and Carol Karr. Front Cover and New Page Designs: Carol Karr. Advertising Coordination: Carol Karr and Bill Zirinsky. *What's New* Columnist: Jennifer Eberbach. Senior Photographer: Linda Lawson. Photography: Kris Doten, Jeremy Chouinard, Ruth Schekter, Carol Karr. Writers for this issue: Sarah Newland, Rachel Pastiva, Sarah Rigg, Mary Runser, Helen Slomovits, Judy Stone. The digital version of this issue will be available on our website as of January 1, 2010.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

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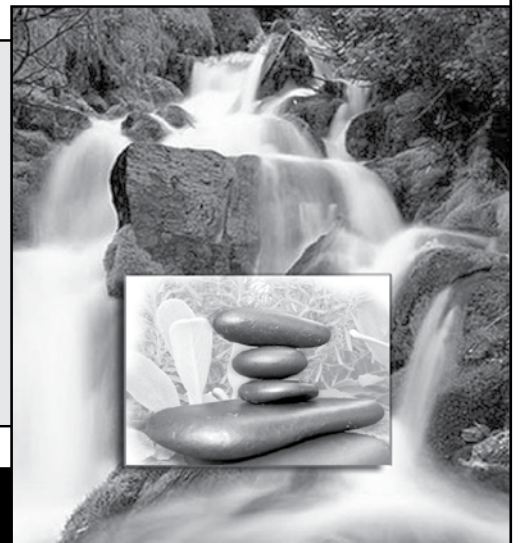
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What's New in the Community

By Jen Eberbach

This ongoing column features upcoming events within our Ann Arbor/Ypsilanti and surrounding areas' Mind-Body-Spirit communities, new (during the past year) practitioners and holistic businesses, as well as new offerings by established practitioners and holistic businesses.

NEW OFFERINGS BY ESTABLISHED BUSINESSES AND PRACTITIONERS

Meditation teacher Carol Blotter is leading a new two-year meditation training program for serious students. In the tradition of *The Forest Way*, “an age-old tradition of people going into the forest to intensely practice meditation under the guidance of a teacher,” her students follow “a path towards spiritual insight,”

The program follows “The Seven Concentric Circles of Spiritual Development,” a training model developed by Carol’s teacher Matthew Flickstein. According to Flickstein, spiritual development involves “resolving past issues; ethics; aging and death; practice; relationships; the three marks of existence; and surrender.” Although the model incorporates many Buddhist teachings, Carol describes it as “a consolidation of paths from lots of different traditions.”

The training program occurs through regular contact with Carol by phone or email, and occasional group retreats. She sends students frequent contemplations and meditation instructions via email that they can incorporate into their daily meditation practice. Although Carol provides guidance for her students, her “role as the teacher in this program is to help people see when and where they are stuck, and then allow the students to learn for themselves,” she says.

During their first year, students focus on “unresolved issues in the past, our behavior in the present, and thoughts about aging, illness, and death - in order to find issues that are psychologically blocking you. To know who you really are, these blockages need to remove themselves,” Carol explains. “Blockages are like a glass ceiling that people can’t get through. So, the first part [of the training program] is like scratching the surface with sandpaper to see what comes up,” she says. Then in the second year, students continue working through the “Seven Concentric Circles” with a focus on practicing insight meditation and recognizing the non-dual nature (or oneness) of ourselves and everything else in the universe.

Carol also assisted in the production and distribution of a new documentary, “With One Voice,” which was produced by Matthew Flickstein and directed by Eric Temple. The film includes interviews with clergy and mystics from fourteen of the world’s spiritual traditions in order to highlight “the unifying truth that transcends all religions,” according to the film’s description. View the trailer for “With One Voice” online, at <http://www.withonevoicedocumentary.org> “The reason I got involved in the movie is - all spiritual traditions point to the same truth. There are different paths, but they are all going to the same place. As a kid, I didn’t understand why people thought God was a different person, so when I was asked to help with the film, I was excited,” Carol says.

Carol has been practicing insight meditation since 1989. She works through



— Ellen Livingston —

“Illuminating the Era of Raw Foods.” (See page 9.)

her business, Chelsea Meditation, as well as through Deep Spring Center with her teacher, Barbara Brodsky. In January, her current students will embark on their second year in the program, and she will be accepting a new set of students to begin the program. Find out more about Carol Blotter and Chelsea Meditation online, at www.chelseameditation.com. Contact her by email, at cb.meditate@gmail.com

The expansion and remodeling of Relax Station Massage Therapy has created a new, delightful and light-filled massage space in the heart of downtown Ann Arbor. Owner Eileen Bristol explains, “we weren’t really turning people away because of a lack of space,” before the remodel. “However, some clients found it a

bit too crowded.” Now, with more space and improved interior design, Relax Station is settling into a new phase of its history. Relax Station has become a kind of “massage phenomenon,” according to one knowledgeable observer. “Eileen is doing something no one else has done. She has created a happening massage place; at any given time, 5 or 7 people are being massaged, some indoors and some outdoors. The light is pouring in, the music is on, and the cars are whizzing up Huron. It’s a really sweet and relaxing scene.”

Years ago, the building on the corner of Huron and First Street was a small gas station. When Relax Station moved in, the drive-through archway became “a mixture of a garage and a Greek temple,” Eileen says. The space was used for outdoor massages, and the interior space was limited to what is now a semi-private back room massage area. Later, they added private table massage studios in the nearby Phoenix building. Eileen really enjoyed giving massages out in the “Greek temple,” which held her back from remodeling the building earlier than she did. However, now that the space is enclosed, she enjoys the “sun-room experience” in the front room.

The expanded and remodeled building was designed by architect Robert Black. Robert Logsdon designed the

Continued on page 8



Ann Arbor’s annual FestiFools parade (See page 10.)

What's New in the Community



Everyone wants to eat breakfast with Jeff McCabe and Lisa Gottlieb! (See feature on next page.)

Continued from page 7

walls and ceiling, using a textured, layered wash technique called *lazure*. The building's interior design was also inspired by Feng Shui and Rudolf Steiner. One of the beautiful features of the remodeled building is a travertine floor equipped with radiant floor heat. Eileen particularly likes how it creates a quiet, warm atmosphere in the "sunroom" space.

Since the beginning, Relax Station has featured a bio-dynamic garden of perennial plants. They tore up concrete in the expansion to grow the garden along with the building. This summer, Eileen added an arbor and she thinks that she might add a water feature next. She likes growing perennials because they follow "the cycles of life, and you get to see a lot of changes throughout the year," which compliments Relax Station's focus on helping people along a path towards self-care and health.

The studio's downtown location brings in a lot of walk-ins including neighbors strolling by during the walkable, warm months. It also attracts people driving downtown throughout the year. "Everybody always says, I drive by here all the time. One day, they wake up and their neck really hurts, or they can't turn their head, and that's what gets them to come in," Eileen observes. She has found that by offering walk-in appointments as an option to people, her therapists are more accessible, whenever clients are in pain. "We get a lot of people in here that have never had a professional massage before, so we try to create a situation here that's accessible where everybody can feel comfortable," she says.

Relax Station is offering a new membership program designed to encourage clients to make massage a part of their regular, monthly schedule. Instead of paying up front, like many programs, this membership automatically prepays for a one-hour massage each month. "It's a good way to encourage people to take care of themselves. If you prepay, you know you're gonna be more likely to do it," she explains. Relax Station Massage Therapy is located at 300 West Huron, in downtown Ann Arbor. Visit them online at, <http://www.relaxstationmassage.com/> or phone (734) 623-1951 for more information.

Social worker Violet Martin opened Mindful Heart Counseling, her new private practice, in Pinckney, last year. After working for healthcare institutions for years, Violet wanted to move her sessions into "the kind of space that would make people feel really comfortable - like they were sitting in somebody's living room, only better." After setting up a cozy interview room, the suite next door became available. She decided to transform the space into a mediation studio, which has allowed her to better incorporate mindfulness meditation practices into her counseling work.

Violet has also created an original program for "anyone dealing with issues in their relationship with food," she explains. The group "Foodwise, Lifewise" is a two-phase program, currently underway. She will be repeating the program in March, which will be open to new participants. Mindfulness meditation, which comes from the Buddhist tradition, is already being used in counseling, however, "I wanted to do something more experiential with it," in order to help people "connect to the fact that when you are eating, you're using all of your senses. We don't even look at what we are eating all of the time. We have our minds on something else - we are barely tasting it," Violet explains. She stresses the importance of "recognizing the beauty in the food we eat and the miracle that this food is to you. It takes the whole cosmos to make a carrot," she says.

By exposing people who are struggling with eating issues to "small experiments" that help them "see and sense their food," Violet helps people become aware of their body image, their impulses, and feelings of self-loathing. Through meditation, guided imagery exercises, journaling, role-playing, other activities and one-on-one counseling sessions, whenever needed, participants in "Foodwise Lifewise" work towards having "gratitude towards the body" and finding "self-love," Violet says. Visit Violet Martin online, at www.mindfulheartcounseling.com. Contact her by phone (734) 308-8360, or email her at violet@mindfulheartcounseling.com. Mindful Heart Counseling is located at 5300 East M - 36, in Pinckney.

Barbara Brodsky of Deep Spring Center for Meditation and Spiritual Inquiry is leading 20 students through a two-year commitment, entitled "Venture Fourth," to deepen their meditation practice. Barbara is also writing a book that records her life journey - suddenly going profoundly deaf in 1972, channeling a "discarnate spirit," her experience of mediation and channeling, and the journey she is taking to heal her deafness.

After going profoundly deaf, Barbara experienced the appearance of a non-physical entity in her meditation practice. "I didn't take it casually. He began to guide me and that guidance was very clear. I asked, who are you, why are you here? I had no concept of channeling. He said, you asked for help." The entity identified himself as Aaron. Barbara says, "He guided me to deepen my meditation practice."

Barbara explains that "Venture Fourth" is Aaron's program. "We're moving into a fourth density of consciousness. That's what the *new age* is all about. The program is geared toward doing the inner work on our own with meditation, and realizing that we are venturing forth into a higher level of consciousness," she explains. This higher consciousness is non-dual consciousness, which in Buddhism equates to the concept that all is one. "It's taught in every religion - it's unity consciousness, Christ consciousness, Buddha consciousness," she says.

Barbara has written numerous books recording what she channels from Aaron. However, she recently decided to tell the story of her life and her path toward healing in her own words - from an autobiographical perspective. The book also chronicles her experiences with John of God, who runs a healing center in Brazil. She reports that she has begun to regain a sense of sound, even though she remains profoundly deaf. She can now hear tuning fork tones and she reports that speech is coming through as static. "A lot of this book is about letting go of our limitations," she explains. Find out more about Deep Spring Center for Meditation and Spiritual Inquiry online, at <http://www.deepspring.org>. Contact the center by phone (734) 477-5848 or email info@deepspring.org (*To read about Barbara Brodsky's healing journey with her deafness, read her article in the May 2009 issue of The Crazy Wisdom Community Journal, archived on the crazywisdom.net website -- <http://www.crazywisdom.net/PDF/AmazingGrace.pdf>*)

Ypsilanti-based therapist, life coach, motivational speaker and meditation instructor Carla Wilson, MSW is a featured local author in the book "Serving Productive Time," a follow up to "Chicken Soup for the Prisoner's Soul." She also assisted with the book by selecting stories and helping to edit it. Carla has spent almost two decades working as a Correctional Deputy, with a clinical background in chemical dependency and mental illness. Information about Carla Wilson and "The Connection Principle," an approach to therapy she has developed, are available on her website, www.connectionprinciple.com. Contact her by phone, at (734) 337-2023 or email cwilson@connectionprinciple.com



Meditation teacher Carol Blotter (See page 7.)

Naturopathic Doctor Dr. LaRene Dell ND is offering acupuncture sessions at Relax Station Massage Therapy. LaRene's acupuncture sessions address pain management and many other health and wellness issues. She has been in private practice since 1991, and she specializes in homeopathy, advanced bodywork, Shiatsu, herbal medicine and shamanic journey work. Relax Station Massage Therapy is located at 300 West Huron, in downtown Ann Arbor. Visit them online at, www.relaxstationmassage.com. Contact LaRene Dell by phone (734) 945-5767.

Lee Schaberg has become a certified Oneness Blessing facilitator, after completing Level 1 and Level 2 training at the Oneness University, in Fiji. According to Lee, "a blessing event consists of a chakra meditation to open and clear the energy field, the Blessing, and a short, quiet relaxation. The Blessing is given when a Blessing giver places their hands on the recipient's head to assist in the transference of Divine energy...Nothing is coming from me, only through me," she writes. Lee has found that the blessing "initiates a neurobiological shift in the brain," and "allows us to deepen our relationship with ourselves, those we love, strangers and the Creator." Contact Lee by email, at lee.k.s@comcast.net

Wu Style Tai Chi Chuan Academy of Ann Arbor has moved to 4117 Jackson Road. The academy offers classes in basic forms, advanced studies in meditation, weapons work, and martial applications. Sifu Genie Parker, the head of the martial arts school, is the first non-Chinese female disciple of Wu Style Grandmaster Kwong Yu Eddie Wu of the Wu Chuan family lineage. "With its mirrored walls and comfortable wood-laminate floor, our new school offers a commodious space in which to learn this internal soft-style martial art." Call Wu Style Tai Chi Academy of Ann Arbor, at (248) 229-1060, or visit them online, at www.wustyle-annarbor.com

UPCOMING EVENTS

Nutrition, fitness and health expert Dr. Douglas Graham will give a two-day seminar at the Quality Inn & Suites in Livonia, on February 19th and 20th. Yoga instructor Ellen Livingston of Living Yoga studio is hosting the event. She decided to bring this national speaker and health expert to Southeastern Michigan after following his plan for natural hygiene, and participating in Dr. Graham's fasting retreats.

Ellen follows Dr. Graham's suggested diet of raw foods - mostly fruit, as well as vegetables, nuts and seeds. The diet cuts out all spices, salts, oils and refined foods, leaving her with "the natural packages that are already designed for us," Ellen says. She describes the raw food diet as a "simple natural diet," that gives you high levels of energy and healthful balance. "

You can't improve upon a fresh papaya, because it's already a perfect recipe. You don't have to add ten things to it. We tend to have this concept that we've always got to mess with everything - the more complicated the better, the fancier the better. But the papaya is fancy already. There's billions of nutrients already working in perfect synergy inside that piece of fruit," Ellen says.

On Friday, February 19, from 7 - 10 p.m. Dr. Graham will give a lecture-style seminar, entitled "Your Health, Nutrition and Fitness Questions Answered." Then on Saturday, February 20, from 9 a.m. to 5 p.m. Dr. Graham will lead an all-day event, entitled "Illuminating the Era of Raw Foods," which will include new topics about every hour, with a raw food lunch in the middle of the day. During the event, Dr. Graham will introduce concepts related to natural hygiene, and he will focus on a range of topics including uptake, transport and delivery of nutrients, craving and satiation, optimum nutrition, how food becomes you, and health management, followed by question and answer sessions.

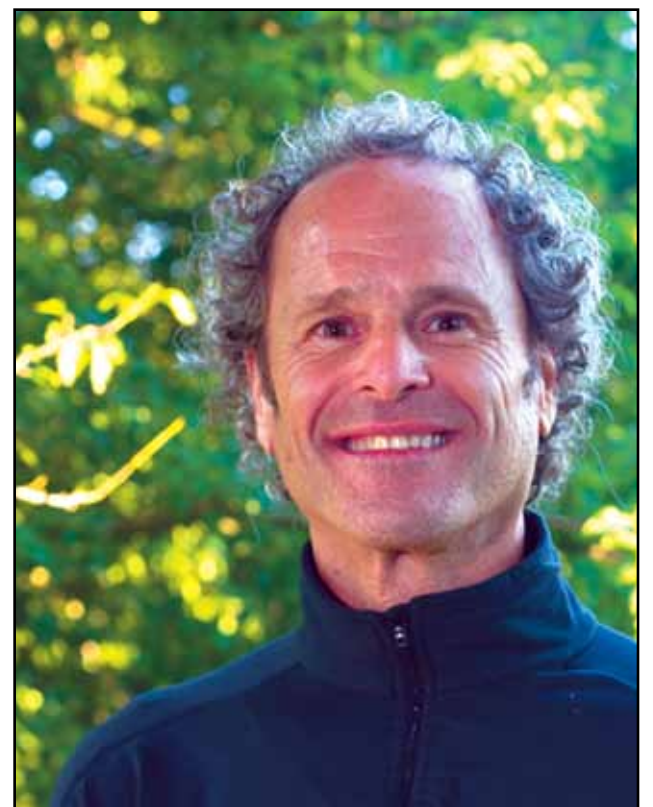
Another aspect of Dr. Graham's natural hygiene program is fasting. Ellen explains that "the body is a natural organism that knows how to heal itself." Although, during a fast, the body gets "weak and tired, at the same time your body frees up a lot of energy. Fasting is one of the big healing tools in the natural hygiene toolbox. That's sort of nature's ultimate cure, in a way. It gives your body the maximum opportunity to spend all of its nerve energy healing," she says. According to Ellen, "Doug would say, fasting equates with rest. That means resting on all levels - sensory levels, emotional levels, physical levels, and dietary levels. But inside there is a lot of work going on."

Ellen also offers related classes in yoga, as well as raw food groups through her studio Living Yoga. Visit her online, at www.livingyoganow.com to find out about her offerings and register for Dr. Graham's visit, or call her at (734) 995-0875. Find out more about Dr. Douglas Graham online, at <http://foodnsport.com> (For more about Ellen Livingston, read about her in our article, *Michigan in the Raw - The Living Foods Scene*, in our Fall 2008 issue, archived on our website at: [http://crazywisdom.net/upcomin/interviewpdfs/michigan in the raw.pdf](http://crazywisdom.net/upcomin/interviewpdfs/michigan%20in%20the%20raw.pdf))

Repasts Present and Future founders Lisa Gottlieb and Jeff McCabe are using donations gathered at their weekly neighborhood breakfast salon, "Friday Mornings @ SELMA", to construct hoop house gardens on small farms. They also plan to construct the gardens in schools, sometime this spring. Hoop houses are enclosed greenhouse structures made of plastic and piping that are appropriate for urban agriculture, as well as rural farming. Jeff explains that this effort supports "a campaign or pitch to everyone in this community - to grow 10% of our food that we eat here in Washtenaw County."

Each Friday morning, Gottlieb and McCabe (who are married) invite the community over to share breakfast together. Friday Mornings @ SELMA attracts neighbors from the "Soule-Eberwhite-Lutz-Madison-Affiliation," as well as many green-thinkers and foodies from all over Ann Arbor. Their house is lively and crowded on Friday mornings, and we've gotten reports that the food is bountiful and delicious, and the social scene is very fun and friendly. Sometimes as many as eighty people have been eating breakfast at the Gottlieb/McCabe household on Friday mornings!

Jeff reports that he and Lisa get around 50-70% of their daily diet from food produced in the surrounding area. "I think we as a community



Nutrition and Health Expert Dr. Douglas Graham is coming to town.

What's New in the Community

Continued from page 9

can easily get to 10% - all seasons,” he says. Jeff also explains that hoop houses work well in Michigan’s cold climate and support year-round local food production. “Instead of having this big bounty of food with squash and tomatoes in the middle of summer, with hoop houses, if you plant the right thing at the right time, you can pick something from it and eat something from it everyday of the year,” he says.

Repasts Present and Future built two hoop-houses last summer, equaling approximately 4,000 square feet of gardens. Greg Willerer is farming 1,000 square feet at his farm Brother Nature Produce, located on Rosa Parks Boulevard, in downtown Detroit. In Ann Arbor, Tom Becker’s SunSeed Farm has begun supplying food to the People’s Food Co-op and Zingerman’s, Jeff reports. Hoop houses also work particularly well at schools, according to Jeff. Although many schools have gardens, they are usually mostly used in the warm months, and in the summer when kids are out of school.

“Hoop houses are the key because you can really match the school year with the growing year. There can be something green going on every day of the year,” Jeff says. Educating kids about food and how it is grown supports life-long, healthy eating habits. “When kids eat good food, they are more likely to try different foods and have an attachment to it. If they grow it, they have the ownership of growing it themselves,” he explains. Find out more about *Repasts Present and Future* and Friday’s @ SELMA online, at <http://www.repastspresentandfuture.org>

Ann Arbor’s annual FestiFools parade wants to inspire more community participation by inviting you into their studio, and they have a unique, creative challenge for you. What started as a University of Michigan-based community event has grown over the years because of local participation, visitors from outside of our area, and support from local institutions like 826michigan and the Public Library. This year, “we are looking to make it 50/50 in terms of the University’s and the community’s involvement,” explains director Mark Tucker. The next installment of FestiFools will occur on April 11th, 2010, from 4 to 5 p.m. down Main Street, in Ann Arbor.

On February 13th, “Puppets and Pancakes” will kick-off FestiFools’ open studio days. The event is a free Valentine’s Day themed breakfast, open to the public. After the kick-off party, anyone is invited to visit the studios on Saturdays and Sundays leading up to the event. Open studio days will feature workshops and assistance for people who want to create their own puppets for the parade. Visitors will also leave with a “kit of stuff” that will help them create their puppets, according to Mark. The public is also invited to visit the studio to contribute to “assembly-line projects” that will be featured in the parade.

The suggested theme for FestiFools 2010 is *Ann Arbor’s Museums*. Mark challenges you “to think about an artifact or a piece of art that you’d like to set free, or take out on the road, or make fun of, or elevate, or perhaps find the person behind the artwork and make a puppet out of them,” he suggests. Of course, this challenge is only a suggestion. “A lot of people just deviate from our themes anyhow,” Mark says. “I don’t know what it’ll look like exactly, but I like to think we’re gonna have these kinetic, 3-dimensional pieces of art or artifacts chasing people around on the street - it should be fun,” Mark predicts. Visit FestiFools online, at <http://festifools.org>. Contact them by phone, at (734) 763-7550, or email startproject@umich.edu



Husband and wife psychiatrists, Dr. Marnie Burkman and Dr. David Leavitt, have opened Michigan Integrative Psychiatry, and will have a Grand Opening for their Aprill Wellness Center in late March. (See feature on next page.)

Nicole Lanning, founder of Healing Art Forms Institute in Toledo, has published her first book, *Practical Crystal Healing: 555 Tips & Techniques*. She will visit Crazy Wisdom for a seminar and book signing, on January 9th from 2 - 4 p.m. Nicole has been studying crystals and energy healing practices for about fifteen years. “A lot of work built up over fifteen years of [pursuing] this knowledge, which is pretty much what the book summarizes,” she says.

The book “walks anyone through the basics of crystals, how to choose crystals, cleansing methods, programming, how they correspond with chakras

and auras, and how they are used in healing,” Nicole explains. The final chapter of the book lists 555 tips and techniques she has developed, organized alphabetically by subject, on “the issues the person may be having,” whether it be “acne” or their “marriage,” she says.

At first, Nicole considered writing a book on Reiki or some other type of energy work. However, she describes crystals as “one of my passions,” and she was already receiving a barrage of emails and questions from people about crystals -- how to choose crystals and how to use them. She took this as a sign that people wanted the information she had to share on the subject of crystals and energy healing.

Nicole’s book signing and seminar will include a lecture-style introduction to the book. She will walk people through the basic, and highlight some of the more popular tips and techniques. *Practical Crystal Healing: 555 Tips & Techniques* is available through Nicole’s website, <http://www.healingartforms.com>, as well as at Crazy Wisdom. Contact her by phone (419) 344-9457 or email healingartforms@aol.com

The Kerrytown Concert House will present the eighth installment of its “Wine, Women & Song” concert event on January 29th and 30th, beginning at 8 p.m. Also, a 4 p.m. show is scheduled for January 31st. According to Kerrytown Concert House’s announcement, “Local women celebrities and stars perform classical, jazz and cabaret standards.” The roster is planned to include Sue Booth, Carolyn Burnstein, Lisa Gray, Shelley MacMillan, Elizabeth Major, Deanna Relyea, Susan Shipman, Monica Swartout-Bebow, and event director Wendy Bloom. Visit the venue online to reserve a seat, at www.kerrytownconcerthouse.com, or phone (734) 769-2999.

The Washtenaw Local Food Summit will gather on March 2nd to “bring together area stakeholders interested and involved in improving and re-localizing our food system, and to make connections that would strengthen and build the network of people who demand healthy, secure, safe and fair food for our community,” according to last year’s announcement. Find out more about the Washtenaw Local Food Summit online, at <http://localfoodsummit2009.blogspot.com>, on email them, at info@localfoodsummit.org

The Leslie Science & Nature Center will host its annual Earth Day Festival on April 25th. The festival is a free event, geared toward entertaining and educating the whole family with activities, live performances and presentations, and information provided by local organizations. For an update about the Leslie Science & Nature Center’s plans for this year’s installment of the Earth Day Festival, visit their website, at www.a2earthday.org, or contact them by phone at (734) 997-1553.

NEW PRACTITIONERS AND BUSINESSES

Husband and wife psychiatrists, Dr. Marnie Burkman and Dr. David Leavitt, have opened Michigan Integrative Psychiatry in Ann Arbor.

Marnie and David both follow a traditional approach to psychiatry, while also integrating complimentary and alternative therapies into patients' treatment plans at the same time. "Everyone has their own lock, and there is no magic pill, or magic answer. It's usually a combination of things," Marnie explains. The couple tries to "approach each patient creatively," she says.

As medical doctors and licensed psychiatrists, Marnie and David can proscribe medication for patients suffering from mental health issues and medical problems. However, "both of us love using evidence-based complementary therapies - a lot of relaxation or stress reduction therapies and nutritional therapies... and having that really minimize the medication that our patients are using, and minimize the side-effects, or optimize the effect they are getting from it," David explains. Marnie adds that "We have a toolkit with all of these different tools in it, and medicine is just one of those tools. It's not the *only* tool."

Marnie and David employ a range of complementary and alternative therapies and strategies in their work with patients. Their work involves coaching sessions with patients, and psychotherapy is an integral part of their work. They also run a series of screenings and lab tests to look for nutritional deficiencies or other physical imbalances that could be contributing to or causing emotional and mental imbalances.

They each also counsel their patients on nutrition and diet, by identifying and recommending diet plans and natural dietary supplements that will increase the body's natural balance. Marnie explains that she has a particular interest in Eye Movement Desensitization and Reprocessing therapy, which she describes as "a body-centered therapy" that "accesses different parts of the body to unblock trauma." She also recently received certification in medical acupuncture to help her patients relax or deal with pain, and deal with mental health issues like post-traumatic stress disorder.

David highlights their use of HeartMATH, a system of biofeedback that "looks at how responsive the heart beat is, which is one of the critical measures of someone's well-being." Marnie adds that HeartMATH is a particularly useful tool in their toolkit because "it's something patients can do



Yoga instructor Shannon Walter is offering workshops on Ayurveda. (See next page.)

on their own, at home, to regulate their anxiety." In addition, both doctors use guided imagery and mindfulness meditation in their work with patients.

David says that one of his favorite therapies is Acceptance and Commitment Therapy, which he describes as "a form of cognitive therapy that allows people to recognize their present state and help learn how emotions and feelings change from moment to moment. It can help people feel a sense of strength and equilibrium," he says.

Marnie and David practice from two locations, the Parkway Center, and a new business, The Aprill Wellness Center, which they have just built on Aprill Drive, off of Jackson Avenue in Ann Arbor. Michigan Integrative Psychiatry will share the space with complementary and holistic practitioners, who are working in a range of modalities. There will be a Grand Opening party on Sunday, March 28th that will feature sessions with practitioners, food cooked in the center's kitchen, and an art show. Marnie would like to incorporate art and music into the space, and she envisions it as "a venue. It will be a vibrant, dynamic space," she says. Visit Michigan Integrative Psychiatry online, at www.michiganintegrative.com. Their phone number is 734-677-8100.

Naturopathic Doctor Mary Light has opened a licensed college for the study of naturopathic medicine in Ann Arbor, the Naturopathic School of Ann Arbor. Eighteen students began their studies last fall, most of whom are pursuing a three-year program to become naturopathic physicians. Mary has been an established healthcare provider, and she has been in private practice for years. However, the school is a unique, new, local institution, for anyone seeking education in natural medicine.

The next school year starts in the fall of 2010, and Mary is accepting inquiries from potential students now. So far, her current set of students, who are embarking on the second half of their first year of courses in February "are an inspired, diverse group of students," and many of them are taking advantage of lodging available on the property, according to Mary. In their first year, students "are getting a good orientation and good foundation for what natural medicine really means," through their assignments and study. After Winter break, courses will "lay the ground work for many topics, like diet and dietary healing, bodywork and natural therapeutics.

In the second year, "They'll start seeing each other as case histories and eventually branching out into student clinician work," Mary explains. "Right now they are working a lot with their own process, and



Eileen Bristol's Relax Station has hit on a really winning formula: let people drop in for a massage whenever they want to! (See page 7.)

Photo by Cristio L. Bowers, Imagist

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What’s New in the Community

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then when they start as second year students, they’ll start working with each other’s processes. In the final year of the program, students will gain clinical experience working with the general public in a mentored situation, according to Mary. She hopes to add a medicinal herbalist certification to the curriculum in 2012, which would be an option for students to continue their studies after they graduate from the three-year program.

Faculty and staff include new addition Chetna Desai, a physical therapist and naturopath in private practice, Shiatsu bodyworker and nutritional counselor Milagros Paredes, medicinal herbalist Michelle Medley, community herbalist, traditional healer and wild edibles expert Rowena Conahan, dance and therapeutic movement expert Stephanie Cohen, medicinal herbalist Peggy Jones, and dental health expert Aleta Luesse. The school also offers additional modalities, like yoga and Feldenkrais. Continuing Naturopathic Education is also available for health providers, as well as individual short-term classes to those who want to try the school out for a weekend.

Although Mary is enjoying the school’s current location at the Rudolf Steiner House, at 1923 Geddes Avenue, “We need a little more room already,” she laughs. “As we grow, we are asking ourselves where is our next building going to be? I feel like, eventually, I will have to put that out there to the community. Maybe there is a building that we can grow into, because we are certainly filling this one out.” For more complete information about the Naturopathic School of Ann Arbor and all of their courses and offerings, visit them online, at www.naturopathiccollegeofannarbor.net. Contact the school by phone (734) 769-7794 for a full course catalog. *(To read a short question-and-answer feature about Mary Light, which appeared in the Fall 2007 Crazy Wisdom Community Journal, go to our article archive on our crazywisdom.net website – here’s the link: <http://www.crazywisdom.net/interviewpdf/questionsmarylight07.pdf>)*

Yoga instructor Shannon Walter has completed a 500-hour program in Ayurveda, after studying with Ayurvedic physician Dr. Paul Dugliss, MD. She is now offering workshops for groups and one-on-one informational sessions with individuals who want to learn “tip and tricks” for how to incorporate Ayurvedic practices into their everyday lifestyle. Although Ayurveda is used as a medical practice in a clinical setting by some, “what I do is workshops and giving people information. At this point, I’m not that interested in consulting patients. My whole purpose is to provide information to educate people about what they can do. With a few key principals, you can really bring balance to your life,” Shannon says.

Ayurveda uses a classification system based on ancient Indian knowledge of the *dosha*, which Shannon describes as “structures of understanding things and the qualities they embody.” According to tradition, a person’s constitution is determined by a combination of two of five elements; ether, air, fire, water and earth.

Shannon shares her knowledge of the many different principals and practices that are meant to bring individuals’ constitutions into balance, including meditation and yoga, which “allow our bodies to come to a quiet place, and then also to allow the mind to start to transcend what we call in yoga the ‘monkey-mind.’ When the mind is quiet, we can make big decisions.” She also shares her knowledge about food and nutrition, good lifestyle and sleeping habits, cleansing techniques, aromatherapy, and oil massage



Nicole Lanning has written the book, *Practical Crystal Healing*. (See page 10.)

techniques. Shannon Walter is an instructor at Sun-Moon Yoga Studio in Ann Arbor. Visit the studio online, at <http://sun-moon-yoga.com> or phone them at (734) 929-0274. Contact Shannon directly by email, at swalter@cfgroup.com

Claire Maitre founded Chrysalis Traditions after being inspired by the Transition Town movement. She became interested in the Transition Town movement after working to “re-localize the food system, as an

activist,” she explains. After getting her certification in permaculture through Midwest Permaculture, in Illinois, she discovered the work of mathematical cosmologist Brian Swimme.

“Chrysalis Traditions is about the work of integrating the knowledge of just how difficult the situation is that we are facing - whether you are looking at it through the lens of peak oil or global climate change, global economic disruption and potential collapse, the huge amount of job loss in this country and the radical uncertainty that we are all living with,” Claire explains.

Claire hopes she can help people “turn feelings of being challenged into a sense of possibility and opportunity,” she says. From Claire’s view, the Transition Town movement “takes a look at the high-price we have all paid for hyper-individualism, in terms of the loss of connections and the amount of stress that has been created in our lives.” Then, “in order for us to make this transition into what comes next, we need to recapture and appreciate everything we’ve been in order to enter into the next level of complexity of human culture,” which she describes as “a global complexity.”

Through her business Chrysalis Traditions, she works with individuals one-on-one and hosts group events. Claire hopes to “empower people, because they have a tremendous amount of power in their individual sphere of influence,” according to Claire. She is planning a film series, which will feature lectures by Brian Swimme, followed by “conversations with people about what comes up for them in watching each segment.” She also offers “experiential workshops” that incorporate exercises and group participation. Visit Claire Maitre online, at www.chrysalistransitions.com Contact her by phone, at (734) 213-0557, or email claire@chrysalistransitions.com

Leslie Blackburn founded the Mystery School of the Temple Arts, in 2009. The school offers individual and couples coaching, as well as classes, workshops and retreats on Sacred Sexuality and transformational guidance. In addition, Leslie works through her company One Space, LLC, “to illuminate the Path of Self-Realization through art, yoga, sacred geometry, sacred sexuality and more,” she writes. Find out more about Leslie Blackburn online, at www.mysteryschoolofthetemplearts.com, or visit www.onespaceconnected.com for more information about all of Leslie’s services. Contact the Mystery School of the Temple Arts, by phone (313) 269-6719.

Transformational life coach and energy work practitioner Nancy Emmert is offering Human Design readings, coaching sessions and classes for individuals and groups. “Human Design uses your birth information to create your unique energetic blueprint. The blueprint is a synthesis and update of several other systems: Astrology, the Kaballah, the Chakras, the I Ching, Quantum Physics and DN,” according to Nancy’s website, www.humandesignplus.com Contact her by phone (248) 449-5275, or email nancyemmert@humandesignplus.com

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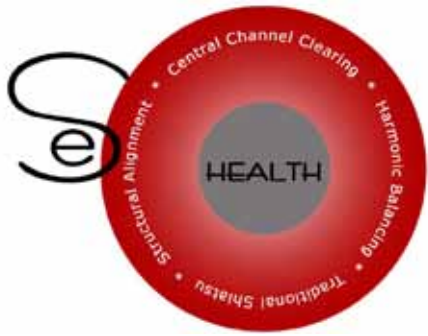
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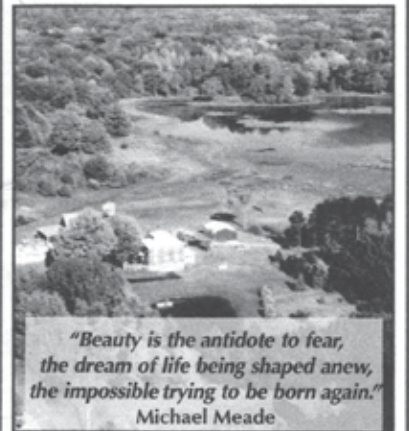
Register for this workshop:
734-994-5032
barbara.boykrust@sbcglobal.net

Barbara Boyk Rust, Ph.D. has practiced psychotherapy in Ann Arbor since 1989. Her training includes study and practice of spiritual traditions and healing modalities. Dr. Boyk Rust has taught classes and offered ceremonies for life transitions and healing for individuals, families and communities for 25 years.

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Questions for Therapist Carole Kirby on Counseling Gay and Lesbian Couples



Couples Therapist Carole Kirby, LMSW

Bill Zirinsky: *Carole, how did you come to do counseling work with gay and lesbian couples? And how long has it been?*

Carole Kirby: I realize that it may seem strange, but even as a little girl, I saw through the racism, sexism, and economic privilege that was so prevalent in my Texas upbringing. So, fairly early in my adulthood, I became an activist in social justice movements. My interest in working with Lesbians and Gays was just an extension of my effort to do my part in “righting the wrongs” of injustice.

BZ: *Do you counsel gay and lesbian couples privately, in addition to doing workshops and retreats?*

Carole Kirby: I have worked with Lesbian and Gay individuals and couples for 20 years, first as a straight Lesbian/Gay friendly therapist and then, after being in a ten year relationship with Lori, my partner, I even better understand the challenges and growth opportunities for Lesbians and Gays and their relationships.

I am a workshop presenter of **Getting the Love You Want Couple Weekends**. Some years ago, I gave separate couples weekends just for Lesbian & Gay couples thinking that was the best way to meet their needs. In the past few years, I only give workshops that are open to all couples – same sex and Lesbian & Gay couples. All attendees are aware ahead of time of the inclusive nature of the workshop and it works very well.

There certainly are issues for Lesbian and Gay couples that are unique to them, but for the most part, there are more similarities than differences. All the couples benefit from becoming aware of the universal nature of the challenges that couples face and that they are not alone.

BZ: *What’s been most challenging to you, in recent years, about your work with gay and lesbian couples?*

Kirby: Since Lesbians and Gays have had to face so much prejudice and often have a lack of support from friends and family, it’s hard for their relationships to endure. So, just like straight couples, they often wait too long to reach out for help making it more challenging to mend the hurts and create the mutually satisfying partnership they so desire.

Another challenge is helping individuals recognize and then gradually come out of denial about their internalized self hate. My job as their therapist/coach is to help them grieve, shed shame, and recover their rightful life energy and place in the world.

There’s certainly been progress, yet homophobia and heterosexism prevail. Without the rights of equality in marriage and job protection throughout the

states, it’s challenging to feel equal and entitled. When only one L/G person can adopt a child, it impacts the couple and the family. “*Don’t ask, don’t tell*” impacts everyone, not just those in the armed services. All of these injustices add to the challenges in the therapy process.

Do you find younger couples much less encumbered by not having lived in the closet to the degree as their elders, or by not having had to live with as much societal meanness and disapproval?

It’s delightful to work with younger couples who haven’t had as many oppressive experiences, but that doesn’t mean there aren’t vestiges of internalized homophobia that underlie some of the relationship issues. I wish more younger couples would reach out for counseling. If they did, there would be fewer short- term relationships that only add to the skepticism.

Can you describe a few of the exercises you regularly bring into your workshops for gay and lesbian couples, exercises which are framed differently from exercises you might introduce into a workshop for heterosexual couples, or a workshop for couples of all persuasions?

The approach I use with L/G couples is the *same* as with heterosexual couples. I use the theory developed by Dr. Harville Hendrix, which is called **Imago relationship therapy**. A center piece of Imago is a structure for talking and listening called the *intentional dialogue*. Each person gets an opportunity to share his/her thoughts and feelings without interruption and be heard and better understood by his/her partner. The readers could go to my website to get more information about Imago therapy.

The general issues for all couples are closeness/distance, power/control, inability to truly understand each other and accept difference, emotional/sexual intimacy, making the children their primary connection, taking energy outside the relationship, etc.

Using the dialogue, helping couples really hear and understand each other, is the method I use with everyone. However, Lesbians and Gays have additional issues that “overlay” and “underlay” the general issues. For example: the complexities and on-going nature of coming out issues are challenging for couples. Another issue that creates heartache for many L/G relationships is internalized homophobia, which is often denied as being a significant factor in their relationship challenges.

In all relationships, good communication is a key issue. Can you think of some examples of communication issues that you have found to be particular to gay men or lesbian women in romantic relationships?

I don’t think couples have communication issues per se, but rather issues connected to childhood hurts, disappointments, and insecure attachments that they bring to the relationship hoping to have a more positive outcome. They aren’t aware and don’t understand the impact of these underlying issues. Couples do need to learn some new ways to talk, listen, and understand each other. I help them develop the discipline and patience that it takes to be able to differentiate, to hold onto his/herself while truly allowing a partner’s reality to come forth. By so doing, both individuals in the coupleship get to show up. Without deeper understanding and compassion for each other, they will be stuck in a power struggle and eventually have a lifeless, unhappy relationship.

Each individual is unique. I know it’s hard to generalize. Even so, can you think of a particular aspect of gay men partnering which comes up, again and again, in your work? And what about a particular aspect of lesbian partnering which is a recurrent theme?

I have more experience with Lesbian partnering as women are more apt to seek therapy. Given that Lesbians are socialized as young girls and then as young women, it’s hard for them to differentiate and deal with difference and conflict. They often suffer from “the tyranny of the nice and kind”, Carol Gilligan’s term for women in general, and it’s certainly applicable for Lesbians. For this reason, some describe Lesbian couples as being “enmeshed” or “merged”. Helping Lesbian couples break out of symbiosis into comfortable differentiation is a recurrent theme. It is recurrent theme for *all* couples; however, “merging” seems more prominent in Lesbian couples.

The socialization of males in our patriarchal culture cuts boys and men off from certain emotional feelings and encourages competition. The result is often discomfort with the expression of feelings, needs, and desires, all of which are key aspects of emotional intimacy. Gay men often suffer even more intensely with homophobia, as the culture is more tolerant of two women being together than two men. It's another element of sexism.

If a young boy was taunted and bullied because he didn't fit the male model of what a boy should be, then he brings that deep hurt into the relationship. All of these things that are specific to Gay boys and men are the extra challenges that Gay couples work with in therapy.

Issues around sexuality, desire discrepancy, pornography, and affairs are issues that often come up in therapy with all kinds of couples. Sexuality outside the relationship is more common with Gay males; often times it's consensual. In my experience, I have found that it undermines the intimacy of connection even when consensual,

What do you love most about working with gay and lesbian couples; what is most satisfying?

One of my long time goals has been to help folks (that includes me) create safe, loving relationships. I'm particularly well placed and knowledgeable about heterosexual privilege given that I have lived heterosexually for most of my life. I also now have ten years experience in a Lesbian relationship. I know what it is like not to feel comfortable walking down the street hand-in-hand with my partner.

As I mentioned earlier, at the core of my being is the desire for social justice, so counseling Gay and Lesbian individuals and couples is my contribution to *one* of the changes that need to happen in our culture. *I want folks to be able to love whom they choose and love well.* I enjoy helping *all* couples and find it particularly gratifying to help Lesbian and Gay couples believe in their capacity to love and be loved. They deserve my support, advocacy, and love!

Anything else you'd like to share, or add?

Gay and Lesbians need allies in obtaining their rights and their rightful place in society. I hope the readers will support the legal right for Gay and Lesbians to marry, the right for two parent adoption, the repeal of "Don't ask, don't tell," in the armed services, and for protection in job discrimination. Naturally, I hope Gay and Lesbians will empower themselves by doing what they can to right these wrongs.

Thanks, Bill, for giving me the opportunity to share some of these thoughts.

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(Carole Kirby's website address is: www.therapy4couples.com. Her phone number is 734-424-2797.)

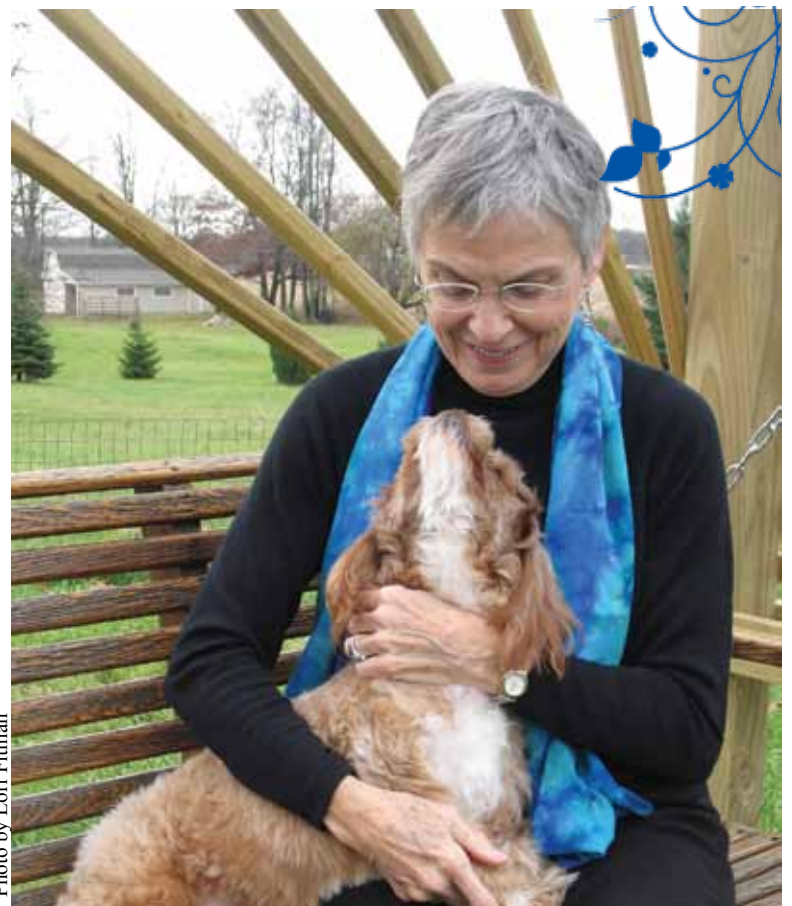


Photo by Lori Fithian

For info about Carole Kirby's upcoming workshops, see her ad on page 55.



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pleasure because of their majestic beauty and awesome strength, for which we should have a healthy respect.

The feelings listed above are known as the Human-Animal Bond. This bond is an attachment we feel toward animals stemming from an emotional connection which expresses itself in forms such as; the need to be near or have animals with us, the pleasure we feel from their love, and yes, even the sense of loss we feel when they are no longer with us. All humans feel this connection to some extent, whether we have animals living in the same space with us or not. The fact is that animals, domestic or wild, are as much a part of our lives as we are a part of theirs. When we allow ourselves to feel the natural bond that exists between us, we begin to realize that we have a responsibility to take care of their well-being.

The animals that surround us, both in our homes and out of doors,

need to be loved and cared for, looked after, honored, adored, and told they’ve been good or have done a good job. These all sound very similar to our own human needs, don’t they? They are. We have more in common with animals than you may believe. If we just take the time to really connect with them, and move past being pet-owners, and truly become their friends and companions, we’ll begin to find ways to nurture and love them the way we would ourselves. For all the needs that animals meet, it’s really the least we can do in return.

The first and most important thing you can do for your animals is to provide them with good quality veterinary health care. The importance of this particular piece of the human-animal bond cannot be stressed enough. Finding a good vet is as important to the health and well-being of your animal, as finding a good doctor is to your own health and well-being. Do some research on local veterinarians, go to the clinic to talk to them, make sure your animal feels comfortable with them, and you feel comfortable with the way they handle your animal. And yes, the level of trust between you, your animal, and the veterinarian should be the same as the level of trust you have with your own doctor. You wouldn’t sell yourself short, so don’t sell your animal short. Your veterinarian is your first line of defense when it comes to maintaining your animal’s health. That care should include, at the least, shots, a general physical examination, a discussion of nutrition and diet, dental care, and ongoing health maintenance methods.

Beyond veterinary care, however, there are a number of other ways to provide good care for your animal, such as: Acupuncture, the use of Homeopathy and Homeopathic therapies, and then some more esoteric

We’re energy beings, and people who work with energy can help bring it into line for me, for my dog, for my cat, and for anyone. Animals seem to be more open to these other modalities than humans because they haven’t learned otherwise, so why not make them available to them?”

~ Marliesa Back

Veterinarian Dr. John Smith of Petcare Animal Clinic

Setting functionality as the key factor in an animal’s overall health allows Dr. John Smith to explore options with his patients. “I don’t have preconceived notions about what I’m going to do for a given patient,” he said. “If I think chiropractic care or acupuncture would be beneficial, that’s what I recommend.”

By Mary Runser

The Choice

So angry was the Creator over Man’s mistreatment of animals that he drew a line with his finger upon the ground. On one side were the Beasts and on the other were the People. The line grew so deep and so wide that neither side could be near the other again. But at the very last moment, Dog jumped over, to remain forever at Man’s side.

Lakota Creation Story

What a wonderful idea, that even though we as humans have often mistreated animals throughout our history even to the present time, that dog would still choose to remain by our side. This story provides some insight into a level of intelligence that animals have, for which we often don’t give them credit. In this story, it seems that Dog made a choice, and inherent in that choice is the ability to think and reason. For some, this might be a totally new way of looking at animals, but ask yourself, is it really that far-fetched an idea? How different would our lives be had Dog chosen to stay on the side of the Beasts? How lonely, and in many ways, unfulfilled would we be without the love and loyalty of our animal companions?

The reality is that we choose animals to be our companions out of a need we have within ourselves. If we have a need for unconditional love and acceptance, or absolute loyalty, our choice may, of course, be a dog. How satisfied we feel when we come home from a long day at work to a welcoming bark, a wagging tail, and eyes full of admiration and love. Or how thankful we feel when the dog barks, alerting us to a suspicious or potentially dangerous presence nearby. Or perhaps for the feline lovers, to come home to the soft, but insistent meows for food (treats), water, and a gentle rub that is then rewarded with a soft purr. And what of the days when we are feeling blue or ill and the cat stays by our side. Add to these the many animals around us that brighten our days, give us hope for better weather to come or a sorrowful reminder that winter is fast approaching, and those that simply give us

kinds of practices like Reiki and Animal Communication. With these particular things in mind, I decided to find some people in and around the Ann Arbor area who work in these areas that I could talk to, and then pass the information along. *However, keep in mind, these are not the only people in the area that practice these kinds of healing techniques.* The profiles that follow are meant to give you a sampling of the options available for you and your animals.

Petcare Animal Clinic

 Dr. John Smith, the veterinarian at Petcare, an animal clinic on Washtenaw Avenue in Ypsilanti, considers nutrition to be at least 75% of an animal's good health. "Feeding an animal a poor or inferior food with toxins and filler type ingredients will cause the animal to develop health issues," he says. By the same token, if you feed them too much of a good food, they're going to develop a problem there as well. Everything else is sort of a footnote on nutrition."

Six years ago, Dr. John Smith was diagnosed with a medical condition called Trigger Finger. "What that means is that when someone bends their trigger finger, it becomes locked in place. The conventional treatment is surgery that must be repeated every three years," he explained. These were unacceptable conditions for him, yet as a veterinarian, the complete use of both of his hands were necessary. After refusing the surgical procedure, the doctor who diagnosed him with the condition told him that when he was in enough pain, he would be back. "Not likely," Smith told him. Having been a vegan for more than twenty years, he knew the importance that food played in a person's overall health, and also knew that many chronic problems could be attributed to food allergies; using that knowledge, he discovered that when he cut wheat (gluten) out of his diet, the Trigger Finger was no longer a problem for him.

That particular situation, according to 'Dr. John', (as he is commonly known in his office), transformed and reinvigorated his professional life. Now, he is an advocate of "maintaining the optimum functionality of an animal", and one of the best ways to achieve that is to give an animal proper nutrition. "Almost any holistically oriented veterinarian is going to address nutrition. Chinese medicine, we think of it as acupuncture and herbs, is based on nutrition." Simply stated, nutrition is the cornerstone of good health and optimum functionality. Functionality is different for each animal. Some dogs, for example, have the function of being the family pet, while others are athletes, or are trained for service. Each of these kinds of animals must have the nutrition they require to perform their particular function. "Most animal owners want to have their animal around for fifteen or twenty years, and through proper nutrition and disease prevention, you can do that."

Setting functionality as the key factor in an animal's overall health allows 'Dr. John' to explore options with his patients. "I don't have preconceived notions about what I'm going to do for a given patient," he said. "If I think chiropractic care or acupuncture would be beneficial, that's what I recommend." 'Dr. John' shared a brief story about a client, a Great Dane that had some disk issues. "By conventional terms, the dog needed surgery, but even with surgery, he stood a 50% chance of being completely paralyzed for four to six weeks afterwards. The owners decided to try something different. They knew a chiropractor who adjusted the dog one time, and he's been fine since then, and that's been two years ago." So there is definitely some benefit to chiropractic care for animals.

There are often several different ways to treat a condition. "The first principle of medicine is to do no harm," says 'Dr. John'. "In other words, try to find the best thing that you can for your patient that will help, but also won't hurt them". The options for animal healthcare -- whether they are conventional medicine and surgical procedures, acupuncture, chiropractic, physical therapy or hydrotherapy (especially for athletic animals and those that do agility kinds of sports), or massage and energy work -- all are like a toolbox. All options should be explored until you find the right one for your animal.

"At nearly 70 years of age, I have no plans to ever retire," Dr. John Smith says, "unless Michigan State University (which is where I got my DVM in 1972), and other veterinary schools, begin teaching functional



Veterinarian Dr. Monica Turenne of the Washtenaw Veterinary Hospital

Dr. Turenne became a certified Veterinary Acupuncturist in 2005. "It has brought me so much reward, has made me a better veterinarian, and has given me something to offer when nothing else has worked, or when owners are just interested in trying a different approach."

medicine. There are so many animals that are suffering because conventional veterinary medicine is 'barking up the wrong tree' when it comes to chronic disease." I'm sure his local clients and patients will be glad to hear this!

Washtenaw Veterinary Hospital



While there are several traditional medical approaches that can be used to deal with health issues, there are also many non-traditional methods that can be used to address them. Many of these approaches can and should be used in tandem, and with your veterinarian's knowledge. This is another important reason to have a solid level of trust with your veterinarian, as well as a strong level of communication.

Dr. Monica Turenne, at Washtenaw Veterinary Hospital on Packard Road, received her doctorate of veterinary medicine in 1999 at Michigan State University's College of Veterinary Medicine. She explained that several years ago, she had a back problem from which she was unable to get any relief. She finally found a Doctor of Osteopathy who performed acupuncture, so she gave it a try and found out that it worked! While attending veterinary school, she had the opportunity to work with an equine acupuncturist for one week. "That hooked me," she said, knowing that once she finished school and got comfortable with western medicine, this was something she wanted to pursue. And she did. She attended the Chi Institute in Reddick, Florida, and became a certified Veterinary Acupuncturist in 2005. "It has brought me so much reward, has made me a better veterinarian, and has given me something to offer when nothing else has worked, or when owners are just interested in trying a different approach."

"Acupuncture is a method of restoring balance to the body. When an animal is born, they're born with a certain amount of energy, and as they age, that energy basically gets depleted because they work, their bodies are moving around, and their bodies metabolize things. So as they're doing these things, they lose energy. The only way to put the energy back is by eating foods that have energy, or by breathing." Dr. Turenne explained.

Acupuncture and Chinese medicine are based on the balance between the Yin and the Yang. Medically speaking, Yin corresponds to cold and Yang corresponds with hot. As an animal gets older, one or the other can be depleted, thus causing an excess in one area and a lack in another. The lack of

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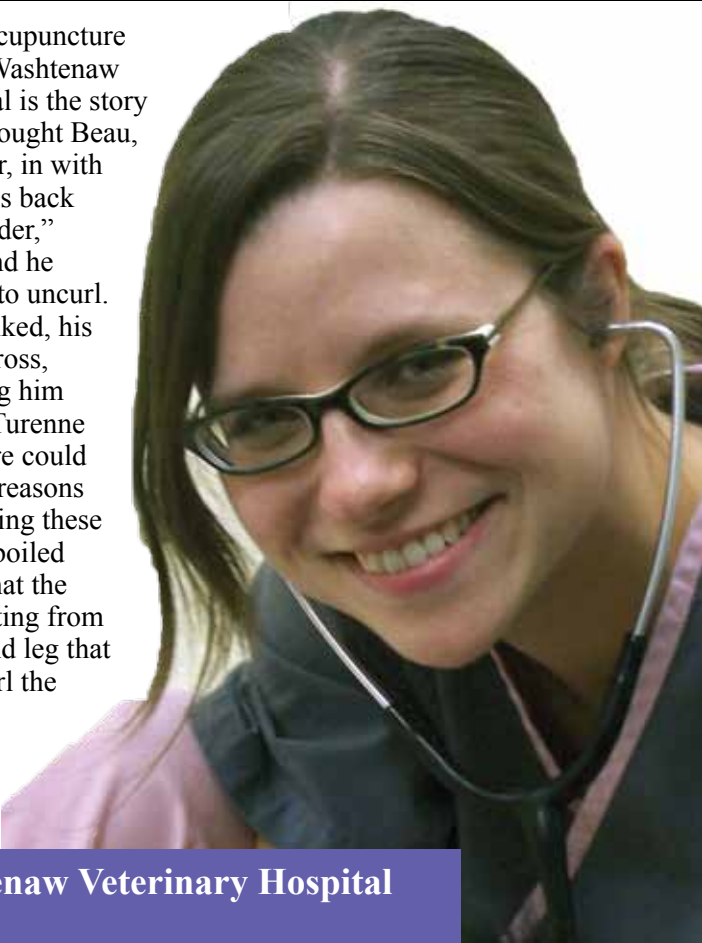
either Yin or Yang then corresponds to physical malfunctions in the body. “In Western Medicine,” Monica explains, “You could have five different dogs that all have hip dysplasia, and they would all be treated in the same manner. But in Chinese Medicine, the reason for the presence of hip dysplasia is different for each of those dogs. After conducting the Traditional Chinese Veterinary Medical exam, also known as the Tongue and Pulse exam, the underlying cause of the ailment can be discovered and treated according to the deficiency present.” Once diagnosis is made, acupuncture can then be used by placing needles in sites that correspond to the underlying cause, thus treating the overall health issue. “It’s pretty amazing,” Monica adds, “because it goes beyond what Western medicine provides, which is often just merely placing a band-aid over the problem.”

Kaya, a ten year old Yellow Labrador Retriever/Husky mix, has Hip Dysplasia. Lisa Bain, Kaya’s human companion, did not realize that she was in pain. The telling sign that the dog was uncomfortable was that she no longer wanted to go for walks, an activity she had previously always enjoyed. Lisa took the dog to her veterinarian to have her checked out, and explained how she was behaving. After examining Kaya, the veterinarian explained that the Hip Dysplasia had advanced and was causing the dog pain and discomfort, and was making it hard for her to perform normal activities. Lisa and the veterinarian talked and decided on a traditional method of non-steroidal, anti-inflammatory and pain-relieving medication. While Kaya seemed to experience some relief from the medication, Lisa felt as though there should have been more of an improvement. She talked to a friend who told her about getting acupuncture treatments for his dog. Lisa talked to her veterinarian about the possibilities, and he told her that she should definitely try it and see if it helps. None of the doctors at that practice are acupuncturists, so she had to go outside of that care facility to find someone who could work with Kaya. Her veterinarian was not at all upset because it was in the best interest of the health of the dog.

Lisa and Kaya went to the Washtenaw Veterinary Hospital, and began acupuncture treatment with Dr. Turenne’s colleague, Dr. Jennifer Wass. While Dr. Wass suggested that results may not be seen for up to a month, Lisa saw definite signs of improvement almost immediately. “She seemed to have more energy, she wanted to go for walks again (though only for shorter distances), and she just seemed happier. I was afraid that I was going to have to put her down by the end of the summer, but now, I think she can be with us for some time yet, having a good life and not being in horrible pain.”

According to Dr. Wass, “Kaya is a sweetie, and it really seems like we’ve seen her personality emerge as we’ve gone along. She doesn’t act like an old dog anymore. She still has her lameness, and obviously still favors that leg, but if she’s feeling well enough to do the things she wants to do, that’s what we want.” She explained that for Kaya, she does some points to stimulate her Chi and improve her energy, some points for pain relief in the hips, and some points to reduce anxiety. “Lisa told me that Kaya dreams a lot, meaning she isn’t always sleeping well, and that could be from anxiety.”

Another acupuncture success from the Washtenaw Veterinary Hospital is the story Sue Remington brought Beau, Labrador Retriever, in with two problems. “His back feet would curl under,” Sue explained, “and he couldn’t get them to uncurl. Also, when he walked, his back legs would cross, often times causing him to fall over.” Dr. Turenne explained that there could be any number of reasons that Beau was having these difficulties, but it boiled down to the fact that the signal was not getting from his brain to his hind leg that he needed to uncurl the foot or uncross his legs. Sue had not taken Beau to see any kind



Veterinarian Dr. Jennifer Wass of the Washtenaw Veterinary Hospital

Dr. Wass explained that for Kaya, a ten year old Yellow Labrador Retriever/Husky mix, she does some acupuncture points to stimulate her Chi and improve her energy, as well as some points for pain relief in her hips, and some points to reduce anxiety.

“Lisa told me that Kaya dreams a lot, meaning she isn’t always sleeping well, and that could be from anxiety.”



of specialist, but instead opted for a more holistic approach first. “After four treatments, Beau was almost completely normal,” Monica Turenne said. “And after five treatments he was completely normal. Now, he won’t even allow you to curl his paw.” (Dr. Turenne demonstrated, and sure enough, Beau would have none of that.)

For those who are concerned about the pain factor with the acupuncture needles, Dr. Wass explained that there is very little pain involved. “There may be points that are uncomfortable, especially in the areas where an animal is experiencing pain, but because the needles are so small, very little (if any) actual pain is felt.” Kaya tends to be more sensitive with acupuncture points in her hip area, and Beau is not too fond of the points between his toes, but they do tolerate them.

So, how exactly does acupuncture work to help heal and restore the health of Kaya and Beau? “Looking at it from a more scientific standpoint,” Monica said, “there are three reasons why acupuncture works. First, when you place a needle into a point, you increase blood flow to that area and that promotes healing. Second, many animals, like humans, when experiencing pain will contract and tense their muscles, so the placement of the needle helps reduce muscle spasms, which in turn causes them to feel better. And then the third thing it does is release endorphins, and when you release endorphins, an animal is going to feel better. That is why many animals feel so much better when they leave, even after only one treatment, because they have that endorphin high.”

The array of animals that can experience help and relief from acupuncture is nearly limitless. Neither Monica nor Jennifer could think of an animal that could not be helped by acupuncture, although it is easier to perform on domesticated and farm animals, as well as some more exotic animals like rabbits, ferrets, and birds.



Homeopathy, Craniosacral therapy and Other Modalities for Animals

Judy Stone



Another well established avenue that can be taken with your animals is Homeopathy, a holistic therapy that treats the underlying cause of disease and illness while addressing the whole animal on the physical, emotional, and mental levels. Its focus is to treat the symptoms that are exhibited by an animal rather than focusing on a given disease. Homeopathic therapy promotes health by strengthening internal defense mechanisms, which begins the recovery process that is ongoing with continued use of the proper remedies.

The cornerstone principle behind Homeopathic medicine is the Law of Similars, meaning like cures like. A substance that produces adverse symptoms in a healthy animal will cure those same symptoms in a sick animal. Homeopathic remedies are diluted substances derived from mineral, plant, and animal sources. The medicines made from these sources are presented in either pellet or liquid form, and when administered, release the energy inherent in the original substance, thereby initiating the healing process.

The trend, in general, in this country, is to take better care of ourselves. With the rising cost of healthcare and the ongoing turmoil over healthcare reform, it's becoming necessary to step outside of conventional thinking to accomplish this goal. We must become the guardians and stewards over our own bodies and health, and the same holds true for our animals.

"People are thinking differently about their own healthcare today, so why not think differently about the healthcare of their animals?" said Judy Stone, a well-known



Animal Lover (and Nutritionist) Judy Stone with Coby Louis (Boxer-Siberian Husky mix) and Jessam (a Standard Poodle)

"People are thinking differently about their own healthcare today, so why not think differently about the healthcare of their animals?" said Judy Stone, a local nutritionist who works with humans, but still has some pretty solid ideas, as well as relevant personal experience, as to how homeopathy can work very well with animals.

Photo by Liz Brauer Photography



Animal Lover (and Herbalist) Linda Diane Feldt and Nala, a 4-year-old Rhodesian Ridgeback

"I prefer to teach animal owners to do the work themselves, because all of these things can be easily learned."

local nutritionist who works with humans, but still has some pretty solid ideas, as well as relevant personal experience, as to how homeopathy can work very well with animals. Homeopathic remedies are much less expensive than conventional medicine and prescriptions, and the risk of side effects is greatly reduced. Healthcare for animals should be viewed in a similar fashion as human healthcare. You should use your veterinarian as a partner who will listen to you about your concerns, and work with you to achieve your healthcare goals for your animal.

Judy Stone, like Dr. Smith, is an advocate of good nutrition. "In order for the body to function well, we have to feed it properly," Judy said. And this same principle applies to our animals. Healthcare costs for animals are increasing as well as human healthcare costs. There are several viable and valuable healthcare options for animals, but the first thing that should be considered is the nutritional value of the food that you feed them. Check the labels on the food to make sure that they are nutritional, and, preferably, whole ingredients. Nutritional food is the building block for overall good health. Beyond feeding your animals well, there are a variety of ways that you can maintain their health, and even treat certain conditions homeopathically, without having to run to the veterinarian for a shot or a pill.

Judy found out, in an emergency situation, the power of Belladonna. One night her Sharpei, Rocky, suddenly woke from a deep sleep and began having difficulty breathing. "It was as though he was having an asthma attack or an allergic reaction to something, but he'd never had asthma, and it was late at night and he'd been asleep for hours, so I couldn't imagine what he might be reacting to. But, it is really quite scary to see him struggling for breath, and I wasn't sure what to do." Judy explained that she mentally went through her list of "potions" she had on hand that might be useful. "I had never used the remedy Belladonna before, but I remembered its descriptive characteristics—that it was for things that were acute, and with sudden onset." Since there was no doubt that Rocky's symptoms fit both criterion, Judy got the bottle from her remedy kit and gave him a few globules, "and literally within a couple of minutes, he was breathing normally and was sound asleep, as though nothing had happened." Judy shared another 'acute with sudden onset story' about using the same remedy on herself while traveling. She woke up with food poisoning one morning, a day that she needed to travel via buses and planes, activity that was definitely not conducive to food poisoning. But she took a few globules of Belladonna, and it sped up the process of expelling the toxins from her body quickly so that she could travel without needing to do anything other than to sleep it off. "Those two incidents," Judy said, "have really cemented in my brain that Belladonna can be very helpful in a variety of situations that look very different, when the symptoms come on strong and fast."

Photo by Ruth Schekter

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Complementary Health and Healing for our Animal Companions and Friends

Many illnesses can be treated homeopathically. Judy suggests using Wormwood, Garlic, and Paud’arco as an anti-parasitic treatment for animals. “A course of these types of remedies can be used quarterly to keep the ‘cooties’ away.” Turmeric is good for anti-inflammatory issues, while oil of Oregano is a good, natural antibiotic. Judy also told me the items that she keeps in her “first aid” kit for her dogs, along with their indications: Belladonna -- as noted above, it’s a good remedy for instantaneous onset of symptoms; Traumeel -- used for trauma, sprains, and ligaments; Apis -- great for bee stings. In addition: Arnica is good for trauma, both emotional and physical; Staphysagria is a good healing agent when cuts inside the body are necessary; and Milk Thistle protects and restores the liver; these two are great remedies that can be used before and after surgical procedures.

Linda Diane Feldt

I also spoke with Linda Diane Feldt, a highly respected holistic healer in the Ann Arbor area, who does work with Herbs, Massage, Polarity and Craniosacral therapy, primarily with humans. She has done work with animals in the past, and still does, though infrequently. “I prefer to teach an animal owner how to do the work themselves,

because all of these things can be easily learned,” Linda Diane said. From her own experience with her dog, she suggests using St. John’s Wort for animals that display fear-aggressive behavior. Tea tree Oil, a natural antibiotic, can be used for things like puncture wounds, or for healing wounds left from declawing a cat. In general, she suggests that Essential Oils are not good for use with animals because they are too strong. Bach Flower (the essence of flowers in a diluted tincture) combinations, on the other hand, make a wonderful “rescue remedy” for animals. In a rescue situation, an animal may experience different states of emotional trauma, so different essences are used for each different emotional state.

Linda Diane has also found Cranialsacral therapy to be very beneficial to animals, especially cats. This is a gentle massage therapy that works to balance the flow of the Cranial Sacral Fluid. It is a subtle technique consisting of light touch that is relaxing to the recipient and produces positive change in tissue. It is an excellent method of releasing long lasting tension caused by accident or trauma, or simply from being forced to maintain a particular posture for an extended period of time. Cranialsacral therapy is deceptive because of its subtle nature. “It looks like very little is actually being done, but sometimes those are the most productive kinds of healing modalities,” says Linda Diane. (For an in-depth look at craniosacral therapy practiced on humans, see the interview in this issue with Karen Kerns.)

I would like to use Judy Stone’s own words, taken from her nutrition article ‘Creating Your Own Health Reform’ in the last issue of the *Crazy Wisdom Community Journal*, as a closing thought on using complementary and alternative healing modalities on animals. “Before there were pharmaceuticals, people used herbs, homeopathic remedies, essential oils, and healthy, chemical-free, grown-close-to-home food to nourish the body, in order to restore and maintain health, and these tools still work.” And they can work for your animals as well as they can for you.

Ray Golden

Further removed from conventional approaches to healthcare is the energy work of Reiki. Reiki is an ancient spiritual practice which promotes healing through the transfer of universal Ki (life-force) energy. It is also a holistic therapy which brings about healing on the physical, mental, emotional, and spiritual levels. Reiki can be performed by placing the hands on or over a recipient, using either fixed hand positions or allowing intuition to guide them to where treatment is needed. And Reiki can also be performed across distances, generally using a special symbol to form a temporary

connection between the practitioner and the recipient. Since Reiki spurs the natural ability of the body to heal, spontaneous or miraculous healings are not unusual occurrences. Reiki treatments can be used with the aim of maintaining well-being, and can be practiced daily in self-treatment situations.



Pictured here: Ray Golden and his “grand-dog” Moose

Reiki Master Ray Golden leads Animal Energy Healing classes

Animals seem to be more in tune with their bodies than humans are. “When I work with animals, I always ask for their permission to give (when actually touching the animal) or send them positive healing energy,”

Ray said, and he explained that an animal will basically absorb that energy until they’ve had enough.



Ray Golden, a Reiki master for 17 years explained that “because Reiki is natural and non-invasive, it is a good therapy to use for animals. Treatments are deeply relaxing and energizing and bring about a sense of well-being and harmony.” According to Ray, Reiki is a powerful, natural, and easy to learn healing technique that can be learned by anyone. And, especially when working with animals, it is often more effective to teach the owner how to perform Reiki when health issues are chronic and terminal because the technique can then be performed on a daily basis, without the need for travel or spending extra money.

Ray also explained that Reiki is *not* one of those kinds of healing modalities that leave you drained and exhausted after a session. “The key is in understanding that it’s not my energy that I am using, but rather I am allowing the universal life energy to flow through me and into someone else. It’s not me; I’m not doing anything other than opening myself for the universe to do the work.”

“It is not uncommon for animals to contribute their own energy toward trying to heal someone else,” Ray said. He had both a dog and a cat, and they were frequent energy contributors during workshops and healing sessions. Animals, in general, are more accepting and loving of themselves than humans, and they want to please and help us, so it shouldn’t be surprising that they want to contribute their own positive energy to a healing endeavor. Ray was even able to help his own dog, through Reiki and his intuitive capabilities, to transition from life into death. The dog had been ill with cancer for some time, and Ray was able to understand and know that he was ready to leave this life. He used Reiki energy to help the dog be as comfortable as possible, and encouraged the dog to let him know if there was anything he needed. “It was a very peaceful transition,” Ray said.

Animals seem to be more in tune with their bodies than humans are. “When I work with animals, I always ask for their permission to give (when actually touching the animal) or send them positive healing energy,” Ray said, and explained that an animal will basically absorb that energy until they’ve had enough. “Often times, I’ve noticed, after having received energy from me for a period of time, they will get up and turn another part of their body towards me, basically asking me to now focus the energy on that area.” Because animals are so in tune with their bodies, and more loving and accepting of themselves, it is so much easier for them to receive this kind of healing and positive energy, and it works very well for them.

Animal Communication

Betsy Adams



Because of their sensitivity to the physical, emotional, and even spiritual needs of humans, animals can, in fact, be seen as “people whisperers”. Many institutions including schools, prisons, nursing homes and other healthcare facilities have employed different varieties of animals to help people of all ages, abilities, and disabilities. The unconditional love and loyalty that animals possess is an invaluable factor in the health and well being of humans.

And this brings us back to the Lakota Creation Story in which Dog made a choice to remain by man’s side. That choice was a form of communicating animal’s desire to nurture and be nurtured by humans. Because animals do not use words the way that we do, does not mean that they cannot communicate with us. Animal Communication is the process through which impressions, thoughts, images and feelings are transmitted between animals of different species. Communication between animals and humans happens far more frequently than you might think, whether it’s through a loving expression, a purr, or the actual transmission of a thought or feeling.

For more than 24 years, Betsy Adams has been using her heart and thoughts to communicate with animals. Throughout those years, animals have shared with her how they work with their people, nature, Earth, and each other. “Communicating with animals is the same to me as communicating with humans,” Betsy said. “My main goal is to help humans and animals share their unique experiences with one another.”

When considering domesticated animals, Betsy explained, “we must realize that these animals have chosen to live with us, to be our companions and friends, they have also made an contract with the Creator to take care of us, and that contract says: ‘I will do anything to make you happy. I will do anything to help you be happy. I am in total service, through love, to you.’” That being the case, they have a tendency to download all of our emotions and feelings, and then try to process those things within their own bodies. Unfortunately, this can be a contributing factor to the sicknesses and ailments and behavioral habits that they develop.” Communication with animals can sometimes be difficult for humans, because sometimes their demeanor, and even their afflictions, mirror back to us those things that we need to take care of in our own lives and bodies.

She went on to explain that we need to communicate with them, verbally and through our thoughts, the love we have for them, and to let them know that it is our responsibility to take care of our ‘things’, that we do not want them to take on that responsibility as their own. A prayer that Betsy suggested we say over them several times throughout the day, whether they are near us or not, is: “As of this moment, I want you to stop downloading my stuff. I will, with the help of God, heal myself. It is harder for me to watch you suffer, or feel you suffer, than it is to heal myself through the help of God.” From this simple prayer, it becomes obvious that the relationship between animals and humans is much deeper than what we generally tend to think. This is something that can be communicated with them whenever we have a moment to do so, and it can be communicated through distance as well. Animals are so willing to love, and as humans, we are willing to receive that love; but we need to come to a place where we understand that we also need to return that love to them for their health and well-being.

Betsy explained that her “meditative method with animals is the same, whether it is domestic, wild, stock, or companion. I allow myself to enter into a place of love, a place where all that matters is love, and when I do, I welcome animals into that place to join in my meditation. And then I simply allow them to communicate their unique experiences and needs.” Once she has an understanding of the animal’s experiences and needs, she can share that knowledge with the human companion and help them to meet those needs through homeopathy, the use of flower essences, nutrition and diet, and body care. She can also help with the difficult issues of the death and dying of humans and animals, and the grief we experience surrounding those events.

Gloria Keefer and Patricia Harroun, two clients with whom Betsy has worked for years, shared the experiences they and their animals have had. Gloria said: “Betsy has been great about being able to meet with us and our animals, do an energy reading to find out what is going on with them, and then recommend things to help. She introduced us to using homeopathic remedies on our dogs as opposed to having them vaccinated. Understand, there are some things that you have to vaccinate dogs for, but you don’t have to do the full complement of vaccinations that a veterinarian usually gives. So, we have been vaccinating our dogs homeopathically for years now.” They also explained that by working with Betsy for so many years, they have learned how to do many things on their own, like knowing what homeopathic remedies are right for their animals at a given time for a certain ailment. Their current dog is a gentle-natured Rottweiler named Zena, and she is a rescue dog. Zena came to Gloria and Patricia with heartworms, though they weren’t immediately aware of it. Betsy encouraged them to use some homeopathic remedies before having Zena vaccinated, in an effort to build up her immune system, and they did. Zena now has much more strength and energy in a much shorter period of time than even the veterinarian had anticipated. “Zena wants to go on power walks and long walks.” Gloria said, “She’s raring to go in the morning, and on the go all day, where when we first got her all she wanted to do was sleep. I think using the Wormwood and Black Walnut to boost her immunity was a key factor in her progress and healing.”



Animal Healer and Communicator Betsy Adams and her friend, Zena, a Rottweiler saved from euthanasia on the day she was to be put down. Betsy lives with seven cats in a “wilderness setting (close to Ann Arbor) with thousands of wild animal friends, plant friends, and spirits”.

Betsy explained that her “meditative method with animals is the same, whether it is domestic, wild, stock, or companion. I allow myself to enter into a place of love, a place where all that matters is love, and when I do, I welcome animals into that place to join in my meditation. And then I simply allow them to communicate their unique experiences and needs.”

Marliesa Back



Marliesa Back is another animal communicator. After communicating with an animal, she can easily tell someone that their animal needs medical attention, or that they would appreciate some energy work, and can point them in the right direction.

Marliesa enjoys teaching others how to communicate with their animals, “It’s a lot of fun, and it’s exciting to see people connecting more deeply, on an energetic and psychic level, with their animals, and with other humans, because really it’s the same thing. Sometimes, it’s easier to communicate with animals because, although they have personalities, they do not have egos. They have ‘issues’ just like we do, but for some reason I believe that they accept themselves more easily than we do.” Communication with animals is an exercise in intuitive development, which is about being in the moment and not hanging onto the past. When you hang on to issues from the past, all you do is block and weaken your own energy field, making communication difficult, if not impossible.

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Complementary Health and Healing for our Animal Companions and Friends

Marliesa explained that we have to keep in mind that we are energy beings, humans and animals alike. As humans, we carry energy around with us. Whatever kind of energy we’ve picked up and experienced throughout the day, we also carry home with us, whether it is positive, negative, or perhaps even just anxious. The animals who share our living space can sense that energy when we walk through the door, and they respond to it, sometimes in some not so appropriate ways. And it is usually at this point, when animals act out inappropriately, that we see the need for change, and we generally tend to place the blame and the need for change on the animal. However, when we begin to realize that the bond that exists between our animals and ourselves goes so much deeper than the superficial owner/pet relationship, we can then communicate with them on an energetic level and try to come up with solutions to some of those behavioral issues.

Some simple things that can be communicated to animals are: your daily schedule has changed and you are going to be late getting home; you’re checking in to see how they are doing, and do they want or need anything? You want their perspective on having a new animal companion in the house, or what do they need to make them happier? Animals can communicate to humans why certain behavioral issues are occurring, and they can certainly communicate how they’re feeling. Getting their perspective on their behavior may result in figuring out a solution. And listening to what they have to say about how they feel may help you and your veterinarian decide on a course of action to help them feel better.

When asked why she would suggest complementary care for animals, Marliesa answered, “Because they deserve it! They do so much for us. Mine really ground me, they keep me in line, they love me no matter how much of a butt-head I am; and they deserve it. To think that allopathic medicine is the only way is for me to think that being a Catholic, or a Jew, or a Protestant is the only way to God, and there’s so much more, there are so many healing modalities available. Don’t get me wrong, I think allopathic medicine is great; I wouldn’t work in it if I didn’t believe in it, but I believe there is more than just that. We’re energy beings, and people who work with energy can help bring it into line for me, for my dog, for my cat, and for anyone. Animals seem to be more open to these other modalities than humans because they haven’t learned otherwise, so why not make them available to them?”

Animal communication can be learned, and while it may sound easy, there is a catch. In order to truly love, care, and communicate with your animal, you have to do it from a place of love. Not just out of love for the animal, but out of love for yourself as well. True love, accepting love. The kind of love that recognizes one’s issues and faults, accepts them for what they are, but then goes a step further by encouraging you to love yourself through them, until a change is realized. This kind of love exists on a deeply emotional and spiritual level, and it is not easy for humans to spend time in those realms. Throughout our lives, we are taught over and over again through different venues, to ignore the emotional self. But to really have access to our spiritual selves, requires us to sit with and acknowledge our emotional beings. Once we do this, then we can approach our animals from a place where only

love exists, and can love them, care for them, and nurture them the way they deserve. From here, we can begin to see them as not just our pets, but as the friends and companions that they truly are. *But at the very last moment, Dog jumped over, to remain forever by Man’s side.* It is time to truly honor Dog’s decision, and to reciprocate their trust and unconditional love.



Marliesa Back teaches classes on Animal Communication
(She is pictured above with Lotus Blossom, an 8-year-old Japanese Chin.)

Marliesa enjoys teaching others how to communicate with their animals, “It’s a lot of fun, and it’s exciting to see people connecting more deeply, on an energetic and psychic level with their animals...”

It may seem as though we randomly choose animals to share our living space, but really it is anything but random. We choose animals that we connect with on some level, or we choose the one that will give us that certain something that we need. We need to begin to understand that our animals have chosen us also, or have made an agreement to share their lives with us. We need to come to a point where we honor and nourish that commitment and do everything we can to maintain their health and well being, as well as our own. For all the things are animals do for us, for all the love they shower on us, it really is the least we can do for them in return.

The Author’s Own Story about the Human-Animal Bond

I have been fortunate in many areas of my life, but one area I have been most fortunate in is my relationships with wild animals. When I was doing my undergraduate work at Kent State University, I had a biology professor that developed and ran a program called Mother Nature’s Children, that was geared toward teaching people about the things they could do to protect wildlife that were endangered, or at risk of becoming endangered. Two of the animals that she had that were part of this program were a Pennsylvania Brown Bear and a coyote, and for some reason, I really bonded with them. She would bring the animals to school with her, and I would take care of them while she was in class, and she would always tell me to make sure that I allowed them to interact with other students. So I was often seen walking through the halls and around the school grounds holding the bear’s hand or carrying the coyote pup while they were young. On one occasion, I was able to babysit the bear for the day and take her to see my family. We made our rounds to my sister’s and my aunt’s, and we all got to enjoy playing with and interacting with the bear. When I got her to my home that day, she was tired and needed a nap so she crawled up onto my sofa and lay herself down. I sat down on the floor beside the sofa because she wanted me close to her. She placed her paw in my hand and I held it and rubbed it as she went to sleep. After not seeing the animals for about a year, I went to visit them at my professor’s home, and without thinking I walked up to Genie Bear’s den



and stuck my finger in the cage as she walked toward me. It was only as I saw her open her mouth that I had the first hint of fear. I was looking at a 6-foot tall bear that weighed around 250 pounds -- she was no longer the cute and cuddly cub that slept on my sofa, now she could do damage. Those things didn't register quickly enough in my mind, and as her mouth came down over my hand, all I could hope was that she would remember me. Amazingly, she did remember me. She took my finger in her mouth, slightly firmer than when she was a cub, and began to suck on it and trill. When I heard her trill, I knew I was still safe with her because bears trill when they are happy, safe, and content. It is similar to a cat's purring. On that same visit, as though I hadn't been lax enough in my thinking, I also walked into the coyote's pen unannounced. Again, I was in a potentially dangerous situation, but she came right to me, rubbed against my leg, put her paws on my chest, and then sniffed and licked my face. Still, thinking about the bond that I shared with those two animals brings tears to my eyes because it was like a magical time for me. I felt a communion with them that I have never quite experienced with another animal since then. To this day, I feel lucky for having been able to share in their lives; it's not something that everyone gets the opportunity to experience.

...Without thinking I walked up to Genie Bear's den and stuck my finger in the cage as she walked toward me. It was only as I saw her open her mouth that I had the first hint of fear. I was looking at a 6-foot tall bear that weighed around 250 pounds -- she was no longer the cute and cuddly cub that slept on my sofa, now she could do damage. Those things didn't register quickly enough in my mind, and as her mouth came down over my hand, all I could hope was that she would remember me.



How to contact the animal health and healing professionals written about in this article

Petcare Animal Clinic
2894 Washtenaw Avenue, Ypsilanti, MI 48197
734-434-9055; www.dogdoctor.us

Washtenaw Veterinary Clinic
2729 Packard Road, Ann Arbor, MI 48108
734-971-5800; www.washtenawveterinaryhospital.com

Ray Golden -- 734-663-9724; IntuitiveHealth@aol.com
www.RayOGoldenReiki.com

Betsy Adams -- 734 475 4230; ShohNahHahLieh@provide.net

Marliesa Back -- 734-649-6878; marliesa@provide.net

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A Visit to the Clean Energy Outlet

An Innovative New Storefront Offers One-Stop Shopping for Energy Efficiency



By Sarah Rigg

Depot Town is home to an innovative new storefront, the Clean Energy Outlet. The outlet, which opened in summer of 2009, offers a one-stop shop for products, classes and services related to energy efficiency.

The Outlet is also a more public face for the Clean Energy Coalition, which started as a federally funded “Clean Cities” program in Ann Arbor City Hall. Over several years, the CEC grew to become an independent nonprofit headquartered in a fourth-floor office on Pearl Street. The CEC continued to grow from a one-man operation, headed by Director Sean Read, to a larger operation with six full-time employees.

When Reed looked for a new office space to accommodate the expanding team, he found what Outlet Project Manager Deb Heed calls “a lovely space” in Depot Town.

Until recently, the main focus of the CEC has been major public projects, such as clean transportation and biofuel infrastructure and energy efficiency in commercial buildings. However, the new location sparked the idea for a retail space and more public interaction for the organization.

Heed started volunteering for the CEC in February of 2009 and later was hired as an employee. She said she had the opportunity to get involved in a variety of projects, but the one that jumped out at her was the idea of the storefront. The retail space on the street level would allow the CEC staff to interact more directly with the public and help the average homeowner or apartment-dweller.

“We had a vision of giving a new public face to our nonprofit and providing more direct education opportunities,” Heed said.

Heed said that area residents who have attended the Outlet’s last few classes say they’re grateful to have a place to go for all things energy efficient. “We’re a one-stop shop for energy efficient products and advice,” she said.

Instead of digging through all the sections in a hardware store to find what they want, customers know that all the Outlet’s products are energy-efficient. “And a lot of products we offer you won’t even find in hardware stores,” Heed added.

Some of those products include energy efficient light bulbs in a variety of shapes and wattages, inflatable “chimney pillows” which stop heat loss and drafts through chimneys, strips that shut off power to peripherals when they’re not being used and backpacks that operate as solar energy chargers for cell phones or other small devices.

While the Outlet isn’t able to offer large home appliances, the staff will counsel homeowners on how to do research on energy-efficient refrigerators and washers. CEC staff can also help them find appliance dealers who are knowledgeable about energy-efficient appliances.

In addition to products, the store offer also offers energy audit services. Through these audits, homeowners can see where they’re losing heat and energy and what improvements could be made. Heed said that making small improvements not only makes a home more efficient but can make it more comfortable, for example by making a home less expensive to heat and eliminating drafts.

As of October, the Outlet began offering classes, too, both for business owners and for the general public. Classes are usually held on Wednesday evenings or Saturday mornings. Topics for the general public have included green remodeling and green investing. Classes for owners of commercial buildings have focused on ways to lower utility bills and renewable energy systems for commercial buildings.

Another class was targeted at first-time homebuyers, and the CEC brought in what Heed called an “Eco-broker.”

“The class talked about what to look for in terms of efficiency” when buying

a home, she said. “That’s part of the equation when buying a house as much as how old the appliances are or how many bedrooms it has. You’ll want to know how efficient the house is, and you can ask for an energy audit to be included in the home inspection.”

An important part of the Outlet’s classes and one-on-one education with customers is banishing myths about clean energy and educating the public about misconceptions they may have.

Probably the most subtle but also most common misconception is that clean energy is all about alternative energy systems like solar, geothermal or wind power.

“For some people who come in, the starting point (of their questions or concerns) is the last thing they should be doing,” Reed said. “They’re looking for renewable energy systems for their home, but they still have incandescent light bulbs and aren’t turning them off.”

People often think they need to do something really big and costly to make a positive impact on the environment, but small changes are also important.



Deb Heed, Project Manager for the Clean Energy Outlet, which is located at 44 Cross Street, in Ypsilanti.

Photo by Sarah Rigg

Myths and Misconceptions about Clean Energy, Addressed by the CEC staff:

Myth: *Clean and renewable energy is just an issue for liberals.*

Response: “The CEC is nonpartisan,” CEC Project Manager Deb Heed says. “We don’t promote one party or another — we promote clean energy. From our perspective, clean energy creates independent communities. In my time working at the Outlet, I’ve seen lots of people from lots of different political stripes. There are a lot of different reasons for being interested in clean energy: reducing your carbon footprint, wanting more independence and not depending on energy companies, saving money on utility bills or wanting to make a “green” statement. As many people show up for our classes driving pick up trucks as driving (hybrid fuel) Priuses.

Myth: *Solar isn’t a viable energy source in Michigan.*

Response: “Solar works in Michigan, no question,” Heed says. Heed says that installing solar cells on your roof can cost tens of thousands of dollars, and it might be hard to produce enough energy to justify the cost. However, the CEC and other organizations are working on ways to drop the “cost of entry” to using these technologies, and there are tax rebates and other incentives at the local and state level that can help. Other solar energy technologies are more practical, she says. For instance, a solar hot water heater may cost \$5,000 to \$10,000 to install, but homeowners typically see a return on investment within seven to 10 years.

Myth: *The best way to “go green” in your home is to install renewable energy systems using solar panels or a wind turbine.*

Response: The first step to creating an environmentally friendly home is to make it more energy efficient. Simple lower-cost projects such as updating insulation, switching to compact fluorescent lights and making sure to shut off lights and appliances when you leave home will save energy and money. Even if you ultimately opt for a large renewable energy overhaul in your home, you’ll get “more bang for your buck” if you’ve made your home more energy efficient and have modified your daily habits. “Modest upgrades and behavior changes don’t cost anything,” says CEC Director Sean Reed.

“People come in looking to make a green statement or get off the grid, and they want to talk about solar panels or wind turbines,” Heed said. “We ask, ‘What kind of energy efficiency work have you done in the home?’ A lot of times, they don’t know what I’m talking about.”

Heed said that energy systems are only part of clean energy and added, “Energy efficiency products are a form of clean energy, too.”

She doesn’t discourage people from installing solar panels if they’re interested, but she said those large projects should come last, after other smaller changes are made.

“The more efficient home or lifestyle you’ve created, the less need for solar panels,” she said. “If you get energy efficient, instead of installing three or four panels, you can buy two. The process of getting more energy efficient costs less than renewable energy investments, but it’s not as sexy.”

The CEC doesn’t just advise others; the staff also practices what it preaches in its new space. Heed said the CEC is working with the landlord to improve the space and make it more efficient.

For instance, the office’s bathroom has a low-flow toilet and a faucet aerator that conserve water. When the old furnace died, a 95 percent efficient furnace was installed, and Arbor Spray Foam donated spray foam insulation for the outer walls of the building. The staff has plans to replace the windows with more energy-efficient ones at some point in the future, as well. Currently, CEC staff is only using about half the square-footage in their office, but they have plans to expand into the rest of the space and build larger classrooms. When that expansion happens, dual-flush toilets and other energy-efficient technology will be used.

“Talking to people about this is our passion,” Heed said. “We lovingly call ourselves ‘energy geeks.’”

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**For more information about the
Clean Energy Outlet, please call 734-483-9000
or visit www.cec-mi.org/
and click on the “Energy Outlet” logo.**

**For more information about energy efficiency tax rebates
and incentives for business owners and homeowners,
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by Rachel Pastiva

A Talk with Ann Arbor Energy Programs Manager Andrew Brix on the Work of the City's Energy Commission

This summer, while researching my article on Transition Ann Arbor (in the fall issue of *The Crazy Wisdom Community Journal*), I was both surprised and delighted to learn that Ann Arbor has an Energy Commission. I already knew about our nationally recognized LED lights program, the hybrid city buses, and the solar panels on the roof of the farmers market, but I hadn't put much thought into where these initiatives began. In search of information about the Energy Commission, I was put in touch with Andrew Brix, the city's Energy Programs Manager. Andrew studied at the University of Michigan, where he received a B.A. in Economics in 2003 and a Master in Urban Planning in 2006. He has been working in the city's Energy Office since 2004, and officially became Energy Programs Manager in January 2009. Below is a portion of an ongoing conversation Andrew and I had that began on a cold and rainy October day at Cafe Verde.

Andrew, what led you to pursue work at the Energy Office?

In school, when I was studying economics and later urban planning, I was always looking for that underlying fundamental *something* that caused the world to behave the way it does and eventually decided it had something to do with energy. The reality is that energy is just one way of looking at our challenges as a society, but it's where my brain got stuck somehow.

What are some of your responsibilities as the Energy Programs Manager?

My basic responsibility is simply to help the city save money by using less energy and purchasing energy more intelligently—which is a good thing to be doing, but maybe not as important in the long run as meeting City Council's goals for renewable energy use and greenhouse gas emissions reductions. We're trying to get to 30% renewable energy use in government operations by the end of 2010; 20% renewable energy city-wide by 2015; and reduce city-wide greenhouse gas emissions 20% by 2015. In the end, it's all about helping move Ann Arbor and Michigan toward a future of sustainable energy use.

As the City's Energy Programs Manager, what is your relationship to the Energy Commission?

My role as staff to the Energy Commission in essence is to get them what they need to make good recommendations on energy issues. That could be data on energy generated by the Farmers Market solar panels, how much biodiesel we used last year, or arranging guest speakers for meetings. In exchange, the city gets a lot of great ideas and direction from a very dedicated and knowledgeable group of folks.

What role does the Energy Commission play in city government?

The Energy Commission was formed to provide advice to City Council on energy policy, energy savings opportunities, and programs to help the community save energy. As with many commissions, there is a council representative on the Energy Commission to bring items from the commission to council, and since 2006, Mayor Hieftje has served as that council representative. There is often a lot of direct interaction between commission members and city staff on specific projects.

In researching the Energy Commission, I was impressed to learn the Energy Commission was born of an Energy Steering Committee

“We're ahead of many cities simply by having an energy program in the first place.”



Photo by Jeremy Chouinard

Ann Arbor Energy Programs Manager Andrew Brix

“I was always looking for that underlying something that caused the world to behave the way it does, and eventually decided it had something to do with energy.”

appointed in 1980, and that the city adopted an Energy Plan in 1981. In what ways do you think the city's goals for energy conservation and renewable energy have changed in the last 30 years?

In many ways the goals are the same, but the climate—so to speak—has changed. There seems to be a sense now that this issue is not going to “go away” like it did before. That and the sense of urgency around climate change have been really good motivators for a lot of folks.

Are there any goals laid out in the original energy plan that have been met?

Absolutely, which is why we're having this conversation in the first place! The Energy Commission was actually first proposed in that original 1981 plan, as was the recommendation that the city government serve as a role model for the community, and I think the city has done a great job with that. The city has also had great success in becoming more pedestrian and bicycle friendly, and generally promoting sustainable transportation choices (thanks in part to the getDowntown program, of which the city is a partner).

Ann Arbor has received both state and national recognition for its energy program. What makes our energy program more advanced than other cities?

We're ahead of many cities simply by *having* an energy program in the first place. Beyond that, though, I think the success has largely been due to an ability to find funding for projects and see them through into implementation, as well as a willingness—as with our LED streetlight program—to try new technologies that haven't yet been widely adopted.

Ann Arbor was designated as one of twelve Solar America Cities in 2007 by the U.S. Department of Energy (there are now 25) . Can you explain the city's role as a Solar America City?

As a Solar America City, we received funding to develop a “Solar Plan” for Ann Arbor, and to work on implementing the plan's recommendations. The plan and the whole experience of developing it will be shared with other cities in Michigan and around the county by the Department of Energy.

What are some other major initiatives currently being pursued by the Energy Commission?

At the November meeting, the Energy Commission discussed a proposed anti-idling ordinance for the city, as well as the idea of a geothermal utility

district to supply downtown with renewable heating and cooling energy. The commission also heard a presentation from the nonprofit Clean Energy Coalition on the Solar Plan, recent grants for clean diesel vehicles, and a proposed community-supported energy project.

My last article featured the work Transition Ann Arbor is doing to prepare the community for a low energy future. In addition to educating community members on the realities of peak oil and climate change, Transition Ann Arbor is teaching people how to adopt more sustainable practices in all areas of their lives. What are some ways the city addresses these issues with community members?

The city has mostly taken a “lead by example” approach of demonstrating new energy-savings technologies and techniques for residents and businesses to follow. However, with new stimulus money available for energy, we are working to put together a financing program that would offer low-interest loans for property owners to make energy-saving improvements to their homes or businesses, which is very exciting! We hope, with the cooperation of the state legislature, to be up and running by next fall.

Energy Commission meetings are open to the public and allow for public input. Is there a lot of public interest in the work of the Energy Commission, and if so, are there particular concerns community members often voice?

Public interest varies depending on the particular issue. For instance, when the commission was discussing Argo Dam this summer, there were quite a few more audience members than usual. The rest of the time, we get everything from frustration with the poor energy efficiency of rental housing to residents thanking the Energy Commission for all the time and effort they put in to helping us move off of fossil fuels.

What do you think will be the most viable renewable energy source for the city of Ann Arbor to adopt?

Right now, wind and geothermal are at the top of the list. Installing geothermal heating and cooling for a building moves a major energy use from natural gas, which is not easy to generate renewably, to electricity, which is. And if you want to generate that electricity renewably, you can't beat the price of wind power, especially at the utility scale.

Thank you Andrew, for taking the time to talk with me about the Energy Commission.

###

Energy Commission meetings are held the second Tuesday of every month from 5:30-7:30 in the Washtenaw County's Board of Commissioners meeting room at 220 N. Main St. (temporary location through 2010). They are open to the public and welcome public input. Meeting minutes, meeting recordings, and additional information are available by visiting the Energy Commission page of the City of Ann Arbor's web site (www.a2gov.org).

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EVENING MEDITATION & DIALOGUE with Brenda Morgan, PhD

This evening is set aside for those who are drawn to and/or wish to explore their connection with someone who has gone through a spiritual transformation. Others may come on a more regular basis, continuing to deepen their understanding of life and evolution, intensifying the ability to Respond while remaining active in the world.

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January 14th
February 11th
March 11th
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About Brenda...

Brenda has gone through a spiritual change in which her direct perception and experience of Reality has been permanently transformed. This transformation has been called many things in the history of our planet, but the core of all descriptions of it includes the awareness that everything arises from a Mystery, the Unknown and Infinite Feeling that all is One. Her transformation brings deeper perceptions of reality and a broader vision of life and service to the earth and humanity.

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Forgotten Research, Buried Truths

Recently, while vacationing on the western side of the state, we needed to gather some food. In search of cucumbers, red peppers, butter, oats, apples, and filtered water, the predictable and lifeless mall landscape suddenly became a destination location since we knew a large, chain grocery was located there. Once groceries were secured and we were on our way back to our retreat in the woods, I was pulled out of my “box-store lull” by the sight of a freestanding Radiation Oncology center at the corner of the mall, a veritable “Jack-in-the-Box” of cancer treatments served up like fast food. Or maybe that’s *with* your fast food. I mean no disrespect to anyone who finds him or her self in the position of having to order from that menu. My father was one such person (he never ate fast food) and it literally killed him within days, shockingly more quickly than the cancer would have.

I found that sight a symbolic, sad and frightening statement on our collective ill health, and on its growing breadth and depth. And even more disturbing is knowing that whether it’s cancer or any other disease, we are encouraged to accept treatments that are sometimes as deadly as the diseases, the medical equivalent of setting off bug bombs without leaving your house. Unfortunately most of us have been scared, or dogma’ed-to-death into accepting these treatments, believing they are the only way.

Fortunately we have other options; unfortunately it can be difficult to find the information because so much of the really valuable research has been forgotten, buried or “discredited” by those who would have us believe that giving the body what it needs to heal is dangerous stuff. There is truth, and there is official truth. Truth is, most diseases and poor health are the result of nutritional deficiencies in various states of progression, and can be healed by correcting those deficiencies. Official truth is that most diseases require drugs or surgery to get those poorly behaved machines to do what they should be doing. And somewhere in the middle is the reality that frequently the chronic use of drugs, and surgeries, can alter the body’s ability to pursue its own innate healing capacities. Example: The chronic use of stomach acid-blocking medications inhibits the body’s ability to properly digest and absorb nutrients.

Official truth, in the last five years or so, has tipped its hat to nutrition mostly by blaming people who are

“It’s hard not to notice that media stories about nutrition and health are always accompanied by footage of excess body fat draped and jiggling over the waistlines of unsuspecting photo subjects. I’d love to see those stories illustrated instead by cornfields over which we superimpose the amount of federal money that goes into subsidizing high fructose corn syrup.”

overweight for their condition and any resulting health problems. It’s hard not to notice that media stories about nutrition and health are always accompanied by footage of excess body fat draped and jiggling over the waistlines of unsuspecting photo subjects. I’d love to see those stories illustrated instead by cornfields over which we superimpose the amount of federal money that goes into subsidizing high fructose corn syrup. Or the small farmers who are being sued for patent violation by Monsanto because some of the big M’s patented, genetically modified corn, designed to survive applications of Round-Up, has blown into their fields. And why is it people have a hard time eating healthy food? Lack of willpower? Is that it? That’s what official truth tells us, sandwiched in between commercials for “lightly” sugar coated cereals and the probiotic yogurt with its own specially named “bifidus regularis”, and just enough sugar to keep chronic bacteria or yeast conditions going. The twentieth century had its fair share of nutrition pioneers whose voices and research have for the most part been disregarded. Fortunately, there are dedicated souls like: Mark Anderson of Selene River Press (www.seleneriverpress.com); Sally Fallon of the Weston A. Price Foundation (www.westonaprice.org); or Andrew Saul, assistant editor of the Journal of Orthomolecular Medicine (www.orthomolecular.org) and owner of the website Dr. Yourself (www.dryourself.com). They have committed themselves to reviving the work of those forgotten pioneers. Any of these sites are well worth spending at least an afternoon perusing, to journey into the clinical studies that we so often hear “don’t exist”.

Over 50 years ago, in 1949, Dr. William Kaufman pioneered research into the use of Vitamin B3, also known as Niacinamide, for the treatment of arthritis documented in his book, *The Common Form of Joint Dysfunction*. Kaufman has a side note describing what sounds strikingly like an early description of what we now call ADHD. He writes, “Some patients have a response to niacinamide therapy which seems to be the clinical equivalent of ‘decreased running’ observed in experimental animals. When these animals are deprived experimentally of certain essential nutrients they display ‘excessive running’ or hyperkinesis. When these deficient animals receive the essential nutrients in sufficient amounts for sufficient periods of time, there is a marked decrease in running. A (person) (sic) in this group may wonder whether his vitamin medications contain a sedative. He recalls that before vitamin therapy was instituted he had a great deal of ‘energy and drive’ and considered himself to be a ‘very dynamic person’. Analysis of his history indicates that prior to niacinamide therapy he suffered from a type of compulsive impatience, starting many projects which he left unfinished as a new interest distracted him, returning perhaps after a lapse of time to complete the original project. Without realizing it, he was often careless and inefficient in his work, but was ‘busy all the time.’ ” (from Andrew Saul, *The Pioneering Work of William Kaufman: Arthritis and ADHD*, Journal of Orthomolecular Medicine Vol. 18, No. 1, 2003). So in Kaufman’s research, he found that Niacinamide had a calming effect on what appeared to be ADHD, suggesting that a nutrient rather than a Ritalin deficiency could be at play.

In that same year, 1949, Dr. Fred Klemmer wrote a landmark paper, “Virus, Pneumonia and Vitamin C”, not an untimely topic in today’s Swine Flu media extravaganza. Klemmer detailed how Vitamin C deactivated viruses and his life work included protocols for treatment of Polio, Herpes, Chicken Pox,

Hepatitis, Mumps, Mono, all viral based illnesses. But his work went beyond that and he developed Vitamin C protocols for Glaucoma, Sunstroke, Diabetes, Corneal Ulcers, and more, just to give an idea of how varied the therapeutic applications of a single vitamin could be.

It perhaps raises skepticism in our one drug-one disease model of health care that a single vitamin could have therapeutic value to so many varied conditions. Yet the truth (not the Official Truth) is that vitamins in our body are used in hundreds if not thousands of chemical reactions, so it makes sense that a deficiency in one or more vitamins would allow for the development of countless number of degenerative conditions. And why then wouldn’t it also make sense that supplying the missing vitamins in adequate amounts would allow the body to heal itself?

I was fascinated to learn recently that many billions of years ago, humans had the capacity to manufacture Vitamin C in our bodies, but we have lost that ability. Most mammals however, do manufacture it, and in quantities between 2-4 grams per day in unstressed conditions! Yet our “official” Minimum Daily Requirement is for 65 mg. Klemmer was using multiples of grams in his treatment protocols.

Much of the really valuable research has been forgotten, buried or “discredited” by those who would have us believe that giving the body what it needs to heal is dangerous stuff.

According to research done by Andrew Saul, there have been only 10 *alleged* deaths over the last 23 years from vitamins, while according to various studies published in the Journal of the American Medical Association, we have over 100,000 deaths per year from drugs taken *as prescribed*, meaning this number doesn’t include overdoses or drugs involved in other causes of death. Yet modern medicine shuns nutrient therapy in favor of toxins. And this on top of the reality that we live in an increasingly toxic world which makes it harder and harder for our bodies to function normally.

One thing I hear periodically from people, is an objection to taking supplements -- “Can’t I get this from food?” If you’re wondering if you really need to take extra nutrition via supplements, ask yourself, “Do I have all the vitality I want and suffer no compromising conditions?” If you can answer “yes” on pretty much a regular basis, you’re probably pretty nutritionally stoked. If not, it’s highly likely you have a nutrient and not a drug deficiency. A good diet can go a long way toward correcting that, but in my experience, it’s not the whole enchilada.

While we’re on the subject of eating, here’s another really interesting study reported in 1930 by a Swiss doctor, Paul Korchakoff. He investigated white blood cell (immune) activity in people, in response to the food they ate. He found that cooked food causes an immune reaction identifiable in the blood, while raw food does not. And cooked food, if eaten with raw food, with raw food comprising at least 50% of the meal, also does not cause an immune response. Hmm, I’ll have a big salad with that enchilada, please.

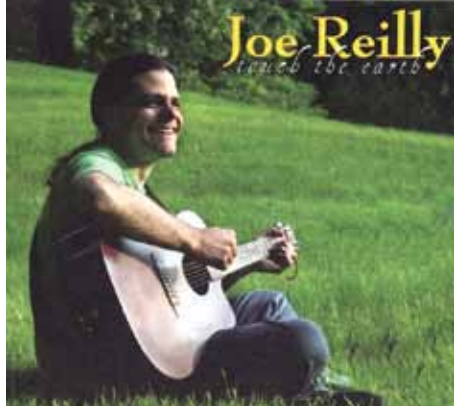
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Music Reviews

By Sarah Newland

Touch the Earth cd by Joe Reilly



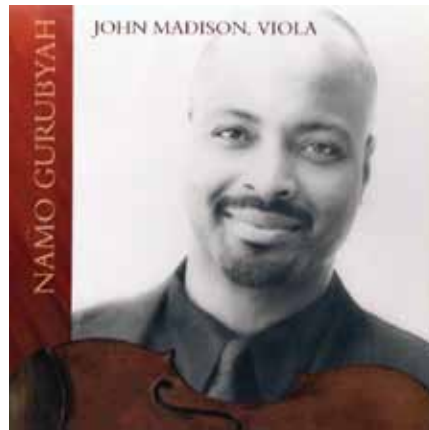
Ann Arborite Joe Reilly came out with my favorite new cd this fall, titled Touch the Earth. A follow-up to his children's cd, Children of the Earth, this new music is equally forthright, joyful,

and happy in Joe Reilly's sweet, genuine way. Not pretending to be anything he isn't and entirely unpretentious, Touch the Earth is stylistically varied with Joe's authentic voice tying it all together. From folk to mild hip-hop to slightly bluegrass with other wonderful instrumentation and vocals from guest artists, Reilly uses his guitar and lyrics to create connection and awareness among people and of the earth. His mission seems to be to open your heart, to open your mind to the beauty of this planet, to open your consciousness to a *greater* consciousness. He writes, "My highest hope is that the music I create will somehow help other people on their path and that it will have some meaning in their lives. I also hope to inspire joy in other people." For me, it seems I don't listen to much music these days as it often inspires melancholy and an unwelcome mood shift. I now drive and work mostly in silence. But I readily admit that the day I first played Reilly's demo, I let it repeat all morning and happily allowed its brightness, its silliness, its wisdom, its prayer to lift me, to lighten me. Inspired by his Catholic musical family as well as by other Buddhist teachers and communities, including Thich Nhat Hanh, Joe Reilly sings his path, his journey, and his spiritual inspiration. He honors our interconnection and a deep rever-

ence for Mother Earth. As Geri Larkin, author of *Plant Seed, Pull Weed*, writes, "...a Jack Johnson bodhisattva offering up the kind of energy that can carry the rest of us back into the land of happy calm." *The Ann Arbor Observer* says, "Music with wisdom." I think this is only the beginning for musician and singer Joe Reilly. And I'm so happy to look forward for more. Shelved with World music. \$16.00

Namo Gurubayah cd by John Madison

Another extremely talented local musician has recently recorded a new cd titled Namu Gurubayah. This is a lovely, soothing classical cd from viola master John Madison. A longtime member of Jewel Heart Tibetan Buddhist Center, Madison has dedicated this cd to Gelek Rimpoche and intends to help support Jewel Heart Tibetan Learning Center with all of its proceeds. Beginning in fifth grade with violin, Madison

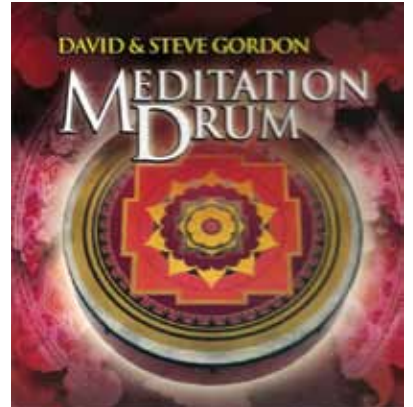


is now principal violist of the Michigan Opera Theater and extra player with the Detroit Symphony. He is also Dean of the Sphinx Preparatory Music Institute hosted by Wayne State University, a Saturday music program for children ages 11-18. His inspiration includes the wonderful singers Anita Baker, Leontyne Price, and Rene Flemming, and his favorite composers include Bach and Brahms. Namu Gurubayah honors this with two beautiful Bach pieces, plus varied pieces by Mascagni, Faure, and Handel. My favorite, though, is the 16th century German "Lo How a Rose E're Blooming". The staff at

Crazy Wisdom plays this cd often in the store because of the relaxing, quiet ambience it creates. It's also perfect for your mellow Sunday morning tea and newspaper ritual. Shelved with Meditation music. \$15.00

Meditation Drum cd by David and Steve Gordon

The award-winning Gordon Brothers return with a new and unique cd inspiring the trance state possible with softer, rhythmic drumming. Unusual in that most drumming music is typically driven and strong, Meditation Drum is a musical journey of gentler melodies



underlined with soft drumming and relaxing percussion instrumentation. This one-of-a-kind ambient drum music blends tribal drums, crystal and Tibetan singing bowls, and Native American flute to create a soothing, meditative environment for your contemplative or yogic practice. Winner of the 2008 COVR Record of the Year and Best World Album with their Earth Drum cd, the Gordons are seasoned world musicians within the holistic arena with over 27 years experience in shamanic drumming and meditative music. One of my favorites from the Gordons is Sound Peace cd, which also encourages and inspires a nurturing atmosphere of relaxation. Meditation Drum is destined to become another bestseller as David and Steve Gordon continue to explore and contribute to environments conducive to meditation and introspection, creating more inner peace as well as outer calm on the planet. Shelved with Drumming music. \$15.98

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THESE TIMES OF GREAT TRANSFORMATION



By Helen Slomovits

I am sitting with others on the steps leading to a beautiful garden. We're in a workshop with Don Alverto Taxo, a wisdom-keeper from the Andes of Ecuador, with whom I've been studying for many years. We are following his instruction to greet and enter the garden, acknowledging the many beings who live there, and seeking to connect with them through being very present, with the five senses awake. We each consciously enter the magical space. As I walk in the garden, I remember the many times I've heard him say, "Remember, you are not the body, but that which gives life to the body! These beings have their own presentations, but they all share with you the same spark of Life."

All the beings in nature know this, but we humans have forgotten. We think we are special, more important somehow. We've forgotten that we are a part of nature, that we're not separate. And we've forgotten that we are never alone, that we live surrounded by countless beings. Don Alverto teaches that they may have different presentations than we do—of a tree, or a plant, an insect or an animal, the wind, a waterfall, a bonfire, the earth—but they contain the same spark of Life, of Consciousness, that we do.

Many of us have lost awareness of these fellow beings, and we don't realize that they are very aware of us, and that they wait for us to recognize them once more. We're oblivious of their constant help, and don't realize how much more help they would eagerly give if we were to grow a relationship of respect and friendship with them. The emotional and mental burdens we carry—our worry about the future and regret about the past—the beings of nature know how to recycle these energies. They welcome our heavy energies as vibrational raw materials for compost, which in its turn nourishes new life. They love to play with us and take these things from us, and even more so if we consciously ask.

Have you ever noticed this happening naturally – how troubles tend to vanish as you take a walk on a sunny day in a garden or woods? Have you ever wondered how it is that this magic, this lightening of your mood, this refreshing of your spirit, occurs?

“Remember, you are not the body, but that which gives life to the body! These beings have their own presentations, but they all share with you the same spark of Life.”

Now imagine if you were to enter that garden or woods – with respect and anticipation, greeting the beings that await you there, as eager to visit them, as you would be to visit a special friend or your lover. Imagine bringing a simple gift from your heart, singing or calling out your greeting, or silently expressing it in your heart, knowing that your friends will be happy to see you, knowing they will gladly take your worries and cares, gifting you with the beneficial energies of beauty, fragrance, color, and well-being in return. And imagine yourself open, full of wonder and gratitude at the magic of this exchange.

Imagine that you can bring any question you have to these beings, and ask it, and that you can be secure in the knowing that an answer perfectly suited to you will come immediately—or in the perfect timing that will allow you to best receive it.

We are sitting and sharing at the edge of the garden with Don Alverto. He tells us to again greet and enter the magical garden, this time taking a question with us. "Ask your question of the wind, or the water or a plant or stone, and see what happens." We each enter the garden, this time to seek the answers to our questions.

My question is, "How can I get along happily with people, with all kinds of people?" We've been living together during the workshop, and many others have also joined us to participate. I really enjoy this for the most part, but I am used to more solitude. I address my question to the water of the outdoor pool with whom I've been connecting over the recent days. Immediately I feel inspired to dive into the pool. The cool water is a pleasant shock; I glide under the water and then



Helen Slomovits

come up laughing, giggling, suddenly feeling very playful, buoyant, delighted. I experience water's answer to my question—and understand that what I need is to bring that playful, bubbly, flowing spirit into my interactions. I express my appreciation and gratitude to the water by splashing and blowing bubbles! I feel my tendency towards seriousness dissolving.

There are a few basic principles which, when practiced, help us to open this magical world of experience. There is a way of approach that makes growing friendship with the beings of nature easier, more flowing. It begins with the awareness that just as I am not my physical body, but that which gives life to my body, so the beings of nature each have their own kinds of bodies, but that which gives life to these bodies are the beings with whom we're connecting. As with any person, a feeling of respect, a looking to share, a willingness to be present and to listen, a lack of pretense—all these serve us in growing intimacy with the elements, with the beings of nature.

I recently read that cancer, at its root, is a breakdown in communication. The cancer cells separate themselves from the rest of the body, ignoring the constant cellular communication that keeps normal cells healthy and in sync with each other and the body as a whole. Then, with none of the normal checks and balances of the body to restrain them, the cancer cells multiply rapidly, hijacking all the resources they can, oblivious to their impact on the natural functions and wellbeing of the cells around them, or the body as a whole. In a similar way, we humans have cut ourselves off from communicating with nature and the earth. We've even denied that there is anything with which to communicate. We've pretended that our human affairs and comforts are the only things that matter. We've grown, multiplied, taken resources with no awareness or care for the impact on the earth, the environment or even our neighboring humans. Yet we *can* change direction. And though our minds and technologies certainly have an important role, perhaps it is the heart's wisdom that must lead.

It's my custom when the weather allows, to go outside first thing in the morning. My spirits always lift with the morning breeze, the songs of the bird and the early light. I have my own way of greeting the directions and the elements. One thing that I usually do is to ask for protection for the waters and to be shown if there's something that I can do to help. More and more I've been getting simple suggestions—from writing a letter, to attending a meeting or keeping a photograph of a body of water on my personal altar. The suggestions seem to come through my heart, and rather than being things I think I should do, they are things that my love of water inspire me to want to do. I've also noticed that they are things I really can do, in balance with the other realities and responsibilities of my life. I've noticed too, that as I take each simple action, my friendship with water becomes more heartfelt, more intimate.

We need no longer feel cut off from nature, from the other beings with whom we share this earth— whether human, plant, animal, element, or stone. We can rediscover within ourselves the desire for connection, and the awareness that we are, in truth, inextricably connected to everything and everyone in our world. Simple practices of connecting can help us. As our ability to communicate from our hearts with the lives around us returns, we can find a new path. We can stop being a cancer on the Earth, and find our way in harmony with Her. We will then naturally make the choices necessary for us to restore balance in our daily lives and in our societies. We will be able to find the solutions and make the changes necessary. We won't have to wait for Earth to speak through catastrophe to regain our connection with Her.

According to Don Alverto, we live in times of great transformation—more than the mind is capable of comprehending. What is it that can help us navigate these times with enjoyment and relative ease? When Don Alverto recently met with a group of the elders of his tradition, to decide what he would bring to share in May of 2009 with the people of the North, they decided not to speak of coming changes or likely upheavals; instead, they decided that the absolutely most valuable thing would be to share practices for increasing happiness and for learning how to live each moment in connection with the beings of nature—and ourselves.

For example, Don Alverto suggests that we make it a practice to bring to mind and re-enter happy memories, and to journey in our imagination to beloved places, experiencing them vividly with our five senses. Another suggested practice is to imagine and then enter the dreams of how we want our life to be, enjoying them fully and vividly in the present moment.

I'm lying in the grass of the workshop garden in my favorite spot next to a white blooming peony, a budding rose bush and a fragrant mint plant. I let my mind relax, just holding the intention of connecting with a dream of how I want my life to be. My mind is soothed by a soft breeze and the warm sun. Suddenly, inside myself, I am in my own front yard at home in Michigan. It is the same—and yet different. It is full of magic, or rather, I have a heightened awareness of its magic. I am vibrantly aware, and enchanted with each flower, each plant, each color, each scent. I walk with excitement to greet my many plant, bird, and insect friends there. I enjoy and admire each flower. But I am equally enchanted with the wood chips and a dusty patch of bare ground, and even the plastic plant pots seem alive. I feel alert, content, happy. I need nothing. And as I continue in this experience of being in my own yard, I realize that this is one of my dearest

According to Don Alverto, we live in times of great transformation—more than the mind is capable of comprehending. What is it that can help us navigate these times with enjoyment and relative ease?

dreams—to be awake, alive, present, having the capacity to enjoy each moment fully, to enjoy whatever is around me.

Don Alverto suggests as well that we take every opportunity to connect with the beings of nature around us, and release to them the emotions and energies that we no longer want.

I'm in Ecuador, about a week into my trip. Somehow, I'm feeling a tension within me that I just can't shake. I'm finding it harder and harder to be present in the moment, and worries about the future are taking more and more inner space. Don Alverto reminds us to ask for help from the elements. So I have that focus the next day as we travel to bathe in the hot mineral springs of a nearby volcano. The hot water from within the mountain fills a swimming pool – deliciously warm, once it has been mixed with cold water. After a while the wind picks up, and then rain pelts us harder and harder. I lift the top part of my body out of the pool to embrace the cold raindrops, the strong wind. I ask earth, air, fire, water to take my worries—savoring being immersed in all four elements at once. The heaviness within me flows out into the water, is blown away by the wind. Gratitude naturally bubbles up in my heart again and again. The dark cloud I was under has moved on.

Using these simple practices help us to create a climate of good feeling within ourselves. They enable us to continually maintain this wellbeing. And this inner wellbeing, in turn, makes everything easier.

So when the challenges of daily life come, as they always do, and when the huge waves of the transformations of these extraordinary times of opportunity come—these times long awaited by the elders, these times of the fulfillment of so many prophecies—when these waves come, our responses will naturally be adequate, flowing, in harmony—because we've practiced happiness, because we've grown our friendship with the elements of nature and with the beings around us.

I am flying home from my time with Don Alverto when we hit strong turbulence, the kind that leaves your stomach on the plane's ceiling. Without thinking much about it, I recognize the presence of air and start connecting with the wind, humming and singing a love song to her. I thank her for giving me life; I appreciate her power, and remember her gentleness. I get so engrossed in the expressing, the connecting, that it's awhile before I notice that the turbulence has passed. Instead of feeling afraid, I know that the air is my friend, and her power and vitality are my own. I am not seeking to control anything—certainly not the great being that is Air. I just recognize an opportunity to connect with a friend, and the connection does take place. What might have been an experience of fear is instead a time of sweet connection.

This does not happen without practice, but it is a practice full of happiness, that we can enjoy in every circumstance, in every place, in each moment. Life becomes rich, full, magical. We can move with whatever life brings us in a flowing way. The simple habits of happiness and connection that we have created for ourselves can make all the difference.

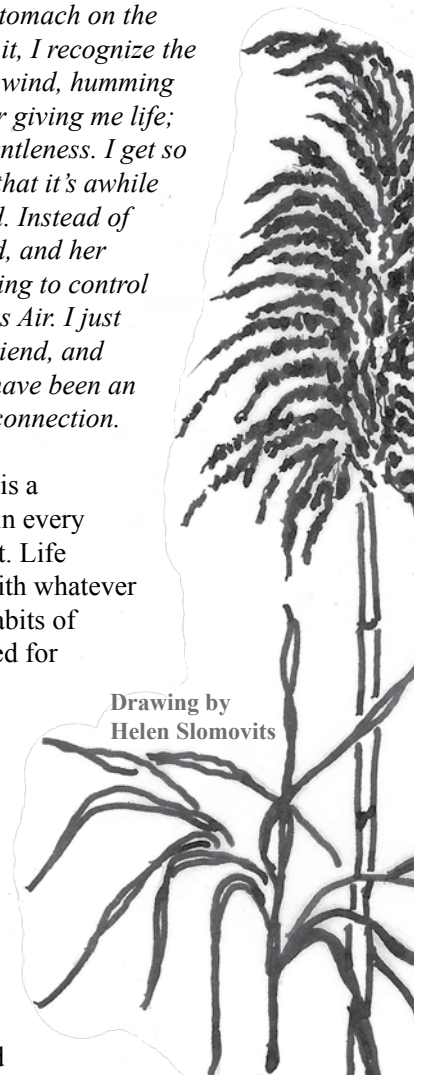
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To find out more about Don Alverto Taxo, his books and CDs, workshops in the US and Ecuador, and the Loma de Ensueños land reclamation project and community in Ecuador. Visit his website at www.ushai.com.

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The Crazy Wisdom Interview with Karen Kerns on Healing, Polarity Therapy and Craniosacral Bodywork



Interviewed by Bill Zirinsky

(Karen Kerns, 61, is a naturally gifted local healer of considerable reknown, though most of the reknown is sotto voce (in a very soft voice). She is a “healer’s healer” --- like others we’ve occasionally interviewed over the years (Bronwen Gates and Merri Walters come easily to mind), she is not widely known by the general public and she probably would not want to be. She is trained in massage therapy, polarity therapy and craniosacral therapy. She is one of the teachers at the Polarity Center of Ann Arbor, and is involved in mentoring and training a new generation of polarity therapists and healers.

Raised in Zilwaukee, Karen currently lives in Whitmore Lake, and has an office on the West Side of Ann Arbor. Karen is serious, deep, kind, perhaps brooding, and there is a raccoon-like quality to her appearance. Trying to describe her as a bodyworker and healer, the words that come to my mind are: quietude, natural, purring, heart, depths from the unknown. Karen is also a mother and grandmother, and she talks in this interview not just about her devotion to the healing arts, but also about her family life and her spiritual life.

We met at her office, which is filled with personal artifacts and artwork, as well as photos of important people in her life. Her massage table is in the center of her room, and our interview began on that subject.)

Bill Zirinsky: You say this massage table’s been used for many things.

Karen Kerns: Yes. I made it soft enough to take a nap in the afternoon. It’s also been used as a construction table, a laundry table, and a playground for hide-and-seek.

Bill Zirinsky: Why don’t we start off with you talking about the Polarity Center having morphed into a new entity and moving to Ann Arbor. Tell me about that?

Karen Kerns: Sure. The Polarity Center was located on Chase Road in Dearborn. John Bodary, founder and instructor, held classes there for about 15 years. Renee Rutz and I were trained by John at this Center. As interest in Polarity increased, John asked Renee and me to help him teach.

BZ: My sense was that the Polarity Center for many years was *the* place in Michigan that was doing training for people interested in Polarity therapy. Is that true?

Kerns: As a center, yes. However, there were and are other Polarity instructors in Michigan. Linda Diane Feldt from Ann Arbor and Sheila Cook from Lansing are two of them. John has also sponsored annual seminars featuring other Polarity Therapy instructors from the U.S. and abroad. This gives a different perspective and/or a fresh new aspect to the practice of Polarity Therapy. I will point out here that John trained with Max Heirich.

BZ: That’s interesting. Of course, many in the holistic community know Max well. *(Editor’s Note: Max Heirich is a Professor Emeritus at the University of Michigan in Sociology, and has been instrumental in fostering the holistic health community in Ann Arbor over the last 35 years.)* Is the Polarity Center still going on in Dearborn, or is it finished?

Kerns: The building is finished. The Polarity Center, as of 2006, has become a mobile education unit.

BZ: Is John Bodary still involved with it?

Kerns: Yes, he’s an active 80-year old teacher and mentor of Polarity Therapy.

BZ: I see. It’s moved now essentially to Ann Arbor, and you and Renee have shepherded its move to Ann Arbor?

Kerns: Yes, in some sense. Renee and I live and work in Ann Arbor. The



Photo by Linda Lawson

Karen Kerns

“Polarity works with electromagnetic energy. The electromagnetic energy connects with and helps move the life force along through our body.”

mailing address is now Ann Arbor. Now, we hold classes at different locations. We have held classes in Livonia and Ann Arbor.

BZ: Can you explain to our readers what polarity therapy is?

Kerns: Polarity therapy is an energy system working with the life force of the body which maintains all of our systems - our physical systems, our emotional system, mental system and spiritual/belief system. Polarity works to reestablish and/or maintain the harmony of the whole body. The therapeutic part consists of assisting a person in balancing his/her own systems’ energy.

Dr. Randolph Stone, DO, DC, ND developed Polarity Therapy incorporating information from Ayurvedic medicine, Chinese medicine, and other elements of Eastern philosophy of health, plus information from various spiritual traditions. He observed re-occurring spinal misalignments in his osteopathic/chiropractic practice. After much study, he found, in ancient writings, the repeated use of the words ‘balancing energy’ or balancing chi, or qi, and their spiritual implications to health.

Dr. Stone realized that the energy of the body needed to be balanced before an osteopathic manipulation would hold. He then put together a collection of

energy balancing techniques, or protocols, with this accumulated information and incorporated it in his practice.

For example, he had techniques for working on the liver, or the circulatory system, or a sprained ankle. He called it Polarity Therapy. There are therapeutic bodywork protocols, dietary guidelines and exercises used, as well. All are used to balance or enhance the energy flow of the body. Presence, intention and active listening are an integral part, too. Polarity Therapy is holistic.

Polarity works with electromagnetic energy. The electromagnetic energy connects with and helps move the life force along through our body. This life force flow can be subdued through resistance, injury or trauma, decreasing this life force flow. This hampers optimum function. Fulcrums or balancing points form around these trauma locations, shifting our ideal state of being to a compromised state of being.

Patterns of movement, behavior and beliefs can change with this new compromised state. It takes additional energy to hold these altered compromised states. These shifted states are usually subconscious choices to keep us from further perceived harm.

Pain causes us to seek out help. Polarity therapy can help identify the fulcrums, liberate the health within them, and bring us back into a balanced state.

BZ: Is life force energy quantifiable?

Kerns: I'm sure there are people more knowledgeable in this field of measurement, but I can tell you that if you have ever had a 'burden lifted from you' --- that feeling of rejuvenation is a release of energy that used to hold a resistant pattern. This energy then goes toward physical optimum functioning, joy, gratitude and clarity of mind. This life force, I believe, is what maintains everything; that which gives life to everything. As we know from studying anatomy and energy, there is more space between molecules of bone than actual bone tissue. In that space is divine consciousness; it is particular to each one of us - the same yet uniquely ours - to manifest and create on earth. There is no other person on earth like you, nor will there be.

BZ: I have been under the impression or misimpression that polarity was, to some degree, the Westernized version of Shiatsu. Is that a misimpression or distortion of that?

Kerns: I do not know the theoretical basis of Shiatsu, but yes, pressure is sometimes used in Polarity Therapy. I believe many practices of energy work strive toward the same thing: a free flow of energy, and a focus of harmony and balance in the systems of the body. There are three kinds of therapeutic touch used in Polarity Therapy: Satvic, Rajasic and Tamasic. Tamasic is the most pressure related form, Rajasic is stimulating, and Satvic is soft. When cold/hard/condensed tissue is treated, often it is with pressure, like Shiatsu.

BZ: When someone is training as a polarity therapist, do they need to come to polarity work with an already existing background as either a massage therapist or a body worker, and do they need to know human anatomy and have related knowledge?

Kerns: Not initially. We have had students who have never touched a body therapeutically attend our classes. But if they're serious about practicing Polarity professionally, then, yes, knowledge of anatomy is essential. Some anatomy is presented with our training. We are watching the laws that govern the practices of massage and/or polarity, and in some states, massage training is required to practice polarity therapy. Many people come to class to understand energy as their first step in thinking about ways of approaching healing other than medicine; as another way of helping themselves heal. Sometimes they only need level one or two to help them with that.

BZ: And you also do cranial sacral work?

Kerns: Yes, I do. I've studied both Upledger and Biodynamic Craniosacral work.

BZ: Are they distinct from polarity?

Kerns: Craniosacral therapy is an energy specialization that incorporates some Polarity energy principles, as do many other energy disciplines. Polarity is like a great big salad bowl that holds special ingredients. Craniosacral Therapy (CS) is a special ingredient in that bowl. Dr. Stone was also a craniosacral therapist.
BZ: They are both, in a sense, parts of the ingredients of polarity?

Kerns: Yes, they are in a sense, particle and wave.

BZ: Say more about this.

Kerns: The craniosacral system is a unique fluid respiratory system. This fluid exchange involves cranial fluid. Research has proven that this fluid travels to the ends of the nerves. Craniosacral therapists and others believe that within this fluid is the 'fluid of life'; the essence of the life force. The pumping action of this system involves mainly two bones of the body: the sphenoid and coccyx.

However, all the bones of the cranium along with the connective tissue play a major role in the movement of this fluid throughout the whole body. Like Polarity, this system strives for and needs an open receptive system to operate optimally. Where the system is restricted, there is a block or fulcrum inhibiting the free flow. Within the restriction of this flow, is the solution that needs to be brought forth.

It's the same or similar philosophy in polarity therapy. So the cranial system is taking polarity principles to a very precise place and focus on a particular system in the body with the intent of freeing the cranial system's resistance.

I would definitely not say a polarity practitioner is an automatic, well-attuned cranial sacral therapist. But it certainly helps in CS training to have a polarity background.

BZ: So then Cranial Sacral work has a more specific material touch component. When you are taught cranial sacral work, you're being taught about the flow of cerebral spinal fluids. You're being taught about an actual verifiable anatomic system that may not be central to allopathic teachings, but is its own teaching?

Kerns: Yes.

BZ: If I came with a headache, what would *you* do for me?

Kerns: Certainly, I would make sure we have all the information about your medical history, accidents, and injuries that may have a role in the headaches. If your headache is moderate to severe at the time of your appointment with me, I would start at the feet, to see if I can help draw off pressure from your head.

I would then assess the flow of your energy, making sure all the 'negative poles' (areas of your body that receive energies, e.g., lower jaw, pelvis, and feet.) are open. This could also allow energetic pressure to be relieved if present in your head.

An assessment of the long-line energies -- energies that help the physiology function properly -- could be next.

Then, I would check the cranial sacral system for mobility, motility, freedom of cranial sutures, dura constrictions and fluid flow.

BZ: Whereas polarity is more esoteric, or not necessarily? Does it have as much specificity in terms of anatomical manipulations, alignments, and touches as Cranial Sacral work?

Kerns: I believe that both systems are esoteric. Depending on the school of thought and a practitioner's sensitivity, both can also be practiced with a light or heavy touch. In osteopathic work or another type of CS work (other than biodynamic CS), both manipulations and esoteric touches can be used.

BZ: I see. And some of those techniques and touches and alignments overlap with CS? And some of them are distinct?

Kerns: Yes, correct.

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“...A heart issue has a certain palpable feel. An anger issue will have a different palpable feel...As I mentioned earlier, one can learn to palpate different tissue layers. You can sense through your hands, what tissue layer you are working with.”

The Crazy Wisdom Interview with Karen Kerns

Continued from page 33

BZ: So, over the years, when you’ve done Craniosacral work with me and when I’ve had it done by other practitioners, there’s a lot of work done in the neck area, and other points around the body that you, as a CS therapist, have a very good understanding of. As a layman, I think of them as similar to acupressure points. They may not be; they may be a distinct mapping, but I think of them as somehow related to acupressure points and meridians. A separate kind of mapping of the body exists within the teaching of polarity, or not as much?

Kerns: Polarity recognizes that there are different energy patterns and pathways. Polarity uses different kinds of touch to work with balancing. There are no needles used, just touch. It can be the whole hand or just a finger, depending on the focus of the work. The focus can be an injury, an organ, an energy pathway or a system.

There are energy pathways or maps that are used in Polarity that are similar to Acupressure meridians and some that are not. In polarity, some pathways govern the physiology of the body, and some work with the various nervous systems of the body. How the energy of our life force comes into our personal field and is utilized by our body is also addressed in Polarity Therapy.

There are very specific states of attention, presence and intention that a practitioner has in cranial sacral therapy and polarity therapy.

BZ: Can you explain that - the different kinds of intention that a craniosacral therapist may have versus a polarity therapist?

Kerns: Yes. I want to say there is a different focus, but the intention for optimum health is the same. Cranial Sacral work focuses on a dynamic process of Intelligence that manifests within the physical form and extends outward. This Intelligence is an invisible essence that travels in the cerebrospinal fluid. “It is the divine or universal intention in action,” (a quote from Franklin Sills). This Intelligence is an inherent ordering force fully aware of the dynamic functions of the body. The potency of that Intelligence generates rhythms within the fluids and tissues of the body. These rhythms are called tides. They ebb and flow like the tides of the ocean. They are palpable throughout the body. This is inherent in everyone’s system.

So, a Polarity practitioner may focus on the ‘long line’ energy pattern (as an example), that will reveal which element/chakra needs work, and a Cranial Sacral practitioner will focus on the tides. The Registered Polarity Practitioner students learn to palpate the different tissue layers of the body with attention to density, fluidity, location and texture. Both of these disciplines require a knowledge and experience of the levels of attention and focus.

It is very important for both practices to be aware of boundaries and energy edges. This awareness and respect initiates cooperation from the client on many levels. Dynamic Stillness -- a deep sense of presence, the root of our being, and the root of creativity, is held in attention in both practices, as well.

The tides focused on by a cranial sacral therapist are: A) Fluid tide; B) Mid tide; C) Long tide. Each tide represents levels of the Intelligence and expression in and around the body.

With awareness of the space in and around the client, a practitioner can sense the different tides by expanding the spatial awareness sometimes to the horizon. Each tide can be palpated at different distances. A deep sense of aliveness yet relaxation can ensue. A polarity practitioner uses this same distance exercise to sense the optimum space required to reorient to the body’s energies.

BZ: When you’re working with someone and you can help them to settle into that state or that frequency, are you creating healing for that person’s system because they’re getting to inhabit that state, that frequency?

“Craniosacral work focuses on a dynamic process of Intelligence that manifests within the physical form and extends outward. This Intelligence is an invisible essence that travels in the cerebrospinal fluid.”

Karen Kerns on Healing



What follows are a few selected nuggets about the healing process from the Karen Kerns interview.

There is a level of resonance with someone you’re working with that begins the healing process. I don’t know if anyone can help anyone else unless they can do that. It’s part of that presence I mentioned earlier: to somehow resonate with their humanness, in a way that the heart connects with them.

Within each person lies the knowledge of how to heal. How do you help a person find it?

I was taught that the body is the last part to come around to healing because it is too dense. The mental and emotional bodies are first. I don’t know anymore. I think that a belief is as difficult to uncover and change and heal. We seem to wrap our whole selves around a belief and pattern our being. It seems to sustain us. Therein lies the place that needs to be healed the most.

From day one, we begin to teach what we call ‘presence’ or a state of being in which the practitioner needs to be, in order to be aware of what they’re going to be holding in energetic space.

...Choice is a very powerful part of healing. Not to be frightened of people’s states of being, because as a practitioner, if you’re frightened, you’ll do your own survival pattern. It’s difficult to hear, to listen, to respond or be in a ‘present’ manner. You will react instead of respond. So, oftentimes, the work that a practitioner has to do for herself is with another therapist.

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Kerns: With deep relaxation in the client and proper presence, attention and intention, the life force (that is already within each of us) flows to places where it may not have been allowed to go for whatever reason.

In polarity, we talk about the nervous system as sympathetic, parasympathetic, social and central nervous systems.

The parasympathetic nervous system is the system that settles the system as a whole to a quiet place. In that quiet and relaxed state, our systems run very well. Actually, the parasympathetic system also runs the digestion. When this nervous system is properly operating, the long and mid-tides are able to flow well also. So, if we eat our food in a nervous, very vigilant, body/mind/emotional state, we are not be able to digest our food. The parasympathetic nervous system has been overridden by the sympathetic or “fight or flight” nervous system.

Polarity Therapy will look at it from the nervous system and balancing state. The Cranial Sacral system will look at it in terms of that state plus getting into these particular tides. It is just a different focus.

BZ: So, when you’re trying to teach this to a new group of first year students of polarity, how much of what you’re teaching is verbal explanation of knowledge, and how much is it actual working with people on the table and letting them experiment?

Kerns: It’s both. From day one, we begin to teach what we call ‘presence’ or a state of being in which the practitioner needs to be, in order to be aware of what they’re going to be holding in energetic space. Theory and table work are presented and practiced in the first class. When we get into levels 2, 3, and 4, we’re teaching and refining that sense and state of awareness and intention,

as well as deepening the understanding of the theory that affects the techniques. The uniqueness and depth of this Polarity teaching also provides mentorship for each student. Each student, at each level, receives a one-on-one session with the presenting teacher. (There are three of us: John Bodary, Renee Rutz and me).

Here's the rundown:

Level 1: This introduces basic theory and techniques of Polarity Therapy, plus the introduction of presence -- the state of being of a practitioner is most essential to the learning. There are eight 4-hour classes in this level.

Levels 2 & 3: These are weekend classes. There are two supervisions/weekends/per student plus more in-depth study of theory, body reading/structural analysis/introduction to diet. Each student is asked to give an assigned 15-20 minute presentation of some aspect of Polarity Therapy. There are four weekends in each level.

Level 4: At this level, Modules of Professionalism are taught, documentations of sessions, plus presentations in class and in the community, and refining communication skills. Also, Modules of Treatment Options -- the use of anatomical landmark assessment techniques, sensing the different tissue layers, involution/evolution principles, assessing belief systems, trauma/resourcing assessments. Those are a few of the modules/classes taught. There are 16 weekend sessions: (two of which include a conference involving some aspect of Polarity Therapy).

BZ: That gives a flavor of the training levels, Karen. Thanks! To repeat my earlier question, somebody could come into that Level 1 class and maybe not have training of any sort in bodywork?

Kerns: Right.

BZ: And do you try to screen the classes to select students you sense might become talented healers, or is it your belief that anybody with the proper intent can learn this material?

Kerns: Anybody with the proper intent can learn this material. In my own level 3 class, one student used the Polarity Principles to develop videos of educational material, one worked only on horses, and another person took the classes to understand what was happening with her daughter receiving sessions.

BZ: How does polarity, as a system working with life force, connect to, or overlap with, Reiki?

Kerns: I have studied massage therapy, cranial sacral therapy, polarity and Reiki -- all three levels of Reiki. Reiki feels, to me, more like working with primary energy. There are certain symbols in Reiki similar to some of the diagrams in polarity therapy. It's more of a higher frequency, working with the energies that begin to enter the body/system. An attunement is a brief energetic initiation from Reiki teacher to student. This initiation aligns the student energetically to the primary energy frequencies of the Reiki system of healing. The educational training of Polarity is more in depth; it is anatomically and physiologically more specific.

BZ: When did you start teaching polarity?

Kerns: I started teaching in 1997.

BZ: How did you come to begin teaching it?

Kerns: John Bodary asked me ten years ago to consider teaching Polarity. I wasn't ready and felt too shy to do so at that time. He offered me his position of teaching at Irene's Myomassology Institute in Southfield, Michigan. That was my first experience of teaching -- introductory classes. I had studied with Irene Gauthier. I felt very much at home there. I'm still teaching the introductory classes there.



Karen Kerns with Grandchildren

“Intuition is innate in everyone. Vigilance can fine-tune it.”

BZ: When I first heard about you, before having met you, about 25 years ago, you were described to me as a ‘gifted healer’. That wasn't your own self-description. What do you think that means to be a ‘gifted healer’? Maybe that's a hard question.

Kerns: That's a hard question to answer. Twenty five years ago is a long time. I'm wondering if some of those comments came from my dental hygiene practice. Getting into bodywork came from my experiences as a dental hygienist. My last five years of being a dental hygienist was the chair side and research position at the Ashley Community Dental Center.

That experience taught me about fear. People from many countries, who reside or temporarily resided in Ann Arbor, often did not speak English. There was a common theme of fear of ‘going to the dentist’. Communication was difficult at times. I used my eyes and a reassuring touch on the shoulder to communicate “it'll be alright”.

A reassuring touch was necessary to help alleviate uncertainty. It was that experience that led me to work with massage.

There is a level of resonance with someone you're working with that begins the healing process. I don't know if anyone can help anyone else unless they can do that. It's part of that presence I mentioned earlier: to somehow resonate with their humanness, in a way that the heart connects with them.

BZ: For how many years were you working as a dental hygienist?

Kerns: 17½ years.

BZ: When, in those 17½ years, did you go and get training as a massage therapist?

Kerns: During my last five years of practicing dental hygiene at the Community Dental Center. I started massage training in 1981, training with Irene Gauthier. I finished the massage training in 1982. A five year gradual transition from dentistry to massage ensued.

BZ: Pretty soon you must have begun doing massage work which was in the somewhat more esoteric realm...If that's not the right way to say it, in the realm of healing; not just in the realm of massage.

Continued on page 36

The Crazy Wisdom Interview with Karen Kerns

Continued from page 35

Kerns: Yes:

BZ: What do you think it was in you that was...

Kerns: Well, it's a funny story actually. I was very blessed (still am) to have some wonderful friends that I've known now for over 30 years, on whom I practiced my massage techniques. They threatened to bronze my elbows and place them on my tombstone. That was my first hint that maybe there's another way to help release muscle tension, and not just using deep intense pressure.

BZ: They were going to bronze your elbows because you were such a natural?

Kerns: No, because it was sometimes a bit painful for me to release muscle tension in that way.

BZ: It hurt you so much?

Kerns: No, it was sometimes a bit painful *for them*. They'd say, "Do you have to do that?" I'd say, "It's the only way I know how to do this". I received a Polarity flyer one day in the mail. I just kept looking at it. The whole week I had it on my desk and I'd gravitate toward it. Finally, I said, "Alright! I'll call". So, I went for an introductory class and knew it was something that would help answer that question. There'd be another way to work with muscle tension.

BZ: You're referring to the question of: why does it have to hurt so much to help someone release that tension?

Kerns: Right, and are there other ways of not actually causing physical pain. Also, the understanding of what pain is, came to me: resistance to the energy flow, to the electromagnetic flow. With that understanding, you could find other ways of working with it.

Your question about gifted healers...is a difficult one to answer for me. The desire to help is certainly a prerequisite. Respect for the circumstance, and for *yourself*, is important. Within each person lies the knowledge of how to heal. How do you help a person find it?

BZ: In the interviews I did with up-and-coming, younger massage therapists and bodyworkers (in the Winter 2009 issue of *The Crazy Wisdom Community Journal*), one of the questions I asked each of them was: "Do you consider yourself a "healer" and what does that mean? If not, why not, and do you aspire to that?" When people I know talk about your work, people generally regard you, in conversations I've had, as a "healer". I want to talk about that in terms of what it is that you're doing that's not just bodywork, not just massage, but it's about healing. Something you just said speaks to that. You said...

Kerns: People know within themselves what they need to heal. They may not be conscious of it. You can help them find it.

BZ: My sense of you is that you have a gift for sensing layers beneath the conscious level, and that's something you bring into your sessions with people. As you work with people's bodies and with their souls, your work is at a level that is much more than meets the eye.

Kerns: Yes. When I am with someone in a therapeutic sense I sometimes get pictures in my head or sensing in my body that mirror what is going on with them. I place that information in a possibility category in my head and come back to being present with them. I may or may not mention this information to them. If I feel prompted to mention it, I do so. I respond to the information with what I know as a practitioner.

Intuition is innate in everyone. Vigilance can fine-tune it. I think one can learn, if you want to, different sensations that people have, that emit from them. Different sensations that they will share without necessarily speaking about them. For example, a heart issue has a certain palpable feel. An anger issue will have a different palpable feel.

As I mentioned earlier, one can learn to palpate different tissue layers. You can sense through your hands, what tissue layer you are working with. Also, one of the things that is strongly recommended, is that people (students) work on their own issues. To begin to understand what's expected, what can happen to



Karen Kerns

“There are energy pathways or maps that are used in Polarity that are similar to Acupressure meridians and some that are not.”

the person you're working with. It is a journey for themselves as well as an introduction to a field of practice. It's very humbling.

Students are witnessed going through their own psychological/emotional processes. A witness is very much like an externalization of your own inner soul's work witness. They're witnessed and helped by teachers and classmates. As they come out the other side of that, they understand a little bit more about what happens in healing. It's not necessarily an easy journey.

I was taught that the body is the last part to come around to healing because it is too dense. The mental and emotional bodies are first. I don't know anymore. I think that a belief is as difficult to uncover and change and heal. We seem to wrap our whole selves around a belief and pattern our being. It seems to sustain us. Therein lies the place that needs to be healed the most.

For example, if I experience something that is so frightening that I change my life, my way of thinking and being, I will contract on all those levels. I will narrow my consciousness, my feelings and my physical body. I will hold on tight to not re-experience that fear again. A particular physical posture results in hip pain. So, it's not your hip that's the problem. It's the belief system that holds there.

Survival is paramount. What do people do or feel they need to do to survive? One of the things that helps, that I find in my practice, is to say, "You know, you don't ever have to give up a survival behavior or posture. But you could have a choice in that posture or another one. You could have a choice. You can always go back to this one."

So, choice is a very powerful part of healing. Not to be frightened of people's states of being, because as a practitioner, if you're frightened, you'll do your own survival pattern. It's difficult to hear, to listen, to respond or be in a 'present' manner. You will react instead of respond. So, oftentimes, the work that a practitioner has to do for herself is with another therapist: an energy therapist or psychological therapist: "How come I reacted in this particular manner?" It is the practitioner's job, to take care of herself.

“Probably the most difficult thing you can do is face your fear; to intend a commitment to face your fear. Whatever that is. The more you do that, the more your life force, your soul, is a part of you and the less energy you are using to keep it at bay. You’re looking for more energy availability.”

BZ: So just as a good psychologist or psychotherapist might need to clinic about the work they’re doing with a client -- to stay conscious of their own reactivity -- a bodywork healer needs to be working on his or her own reactivity so that he or she can be better able to be with a client without being afraid of the client’s issues, or feeling fear in the face of their clients.

Kerns: Right. And if you’ve been through your own work and come out the other side, and you understand many aspects of something that’s happened to you, you will wear the resolution in your aura: your external energy field. People will come to see you and say, “You know, I know you know, but I don’t know how I know. But I know that you know.” That’s very helpful. You don’t have to talk about it; it’s just there.

You can do polarity with people in conversation. A good listener, a mirror so to speak, will inquire, for example: “Tell me about your horrible day.” Then: “Where do you feel that in your body?” They’ll get into the physical aspect of that, and their sensations in the body, as the discussion of the day unfolds. Bringing consciousness to sensations helps dissipate the intensity of the sensation. If a person is a healer, I believe it’s an attitude with commitment to the heart, a commitment to help them find their own divine connection with their problem.

Probably the most difficult thing you can do is face your fear; to intend a commitment to face your fear. Whatever that is. The more you do that, the more your life force, your soul, is a part of you and the less energy you are using to keep it at bay. You’re looking for more energy availability.

Intention can also be in the form of prayer. You can hold someone in prayer - - whatever or whomever that prayer is -- to whatever your God or divine being. You can hold another person in the light of the Divine energy within. I think often about if we can pray for someone, we can also think ill of them and does that do the same thing in the opposite way? Does it hurt whomever we are intending harmful thought to? I assume so. We are responsible for our thoughts as well as what we say and what we do.

If someone’s really bugging me or I’m having a problem with someone, I try to remember what my spiritual teacher says: a) hesitate before speaking or doing; b) count back from 1,000 so your ego doesn’t have control of your mind; c) if that doesn’t work, imagine them receiving an award for ‘the most compassionate heart’. That’s helpful. It changes my imaging. I hurt myself, as well, with ill thoughts of others.

BZ: Doing healing work, and being highly sensitive to the energy you’re dealing with, have you found it a challenge at times to be protective of your own boundaries, and what you let in?

Kerns: Yes. In one way, it says to me how we all struggle in some way. In another way, if it bugs me so much, there must be something in me that I need to work on. If I’m not careful, I’ll take it home. It’s my reactions that I’m looking for. Reactions have a physiological, mental and emotional quality to them. Again, just being very observant of myself about whether I shut the door or do I slam the door? Do I grab my coat off the rack, or do I take it off the rack? Do I say “hello” or do I say “hi”. I’m observing my own behavior.

BZ: You mentioned something about your own spiritual teaching. Do you want to say any more about that?

Kerns: I met Ma Jaya Sati Bhagavati in 1993 at the Parliament of World Religions. It was the 100th year celebrating a gathering of spiritual teachers from all over the world. I actually met her on the day my mother unexpectedly died. It was also shortly after I had had surgery that revealed stage I cancer. There was something captivating about Ma. She was very real, very human, very funny and very powerful.

I went to Ma’s ashram a couple of months later. I was afraid of the cancer and afraid to go on with life. I went with Ma on what she would call the AIDS Walk Rounds, where she would visit people with AIDS and hand out food. She would hug them. She would talk to them and bless them and make them laugh.

Members of the ashram went as well. It took 8 hours to visit all these people in clinics and hospitals, in near Sebastian, Florida.

After that visit my fear subsided. Seeing people with AIDS helped me realize I could survive. I became very grateful to be alive.

Ma Jaya teaches about service. Being of service to others as a way to enlightenment. If I have a client who may be stuck in their process of healing, I might suggest they find one person to help. Take a meal or help someone in some way because it helps create motion.

You get off your own cycle of fear in helping someone else. As you do that, your own soul, your own spirit can come into places it’s not been allowed, because you’re so cycled in fear. In that way, you help yourself and you become a member of others who suffer. It’s a very humbling place to be, and in humility, we open up a little more.

BZ: Please tell our readers more about her.

Kerns: Ma Jaya was born in Brooklyn. She has a Brooklyn accent. Her heritage is Russian/Jewish. She said Christ appeared to her and taught her how to serve. She says if you’re kind, you can come to my ashram. Any religion is welcome if it preaches and teaches kindness.

BZ: And where does she live now?

Kerns: She lives in Sebastian, Florida. Her Ashram is called Kashi Ashram.

BZ: Are there other ashrams around the country, or is she mostly in that one place?

Kerns: She’s mostly in that one place. She does have ashrams in Atlanta and Los Angeles. Live audio and sometimes video darshans have been presented by the ashram. People from all over the world are listening to her at the same time. It’s a wonderful way of connecting, if you can’t get to the ashram.

BZ: Approximately how old is she?

Kerns: She is 69.

BZ: Does she have a website?

Kerns: Yes. www.kashi.org.

Jon Ellis is my spiritual advisor here in Ann Arbor. He helps me distinguish between psychological and spiritual issues. It is so helpful to have someone here, locally, with whom I can be in frequent contact. I am learning a lot, and am enjoying this method of spiritual work as well.

BZ: I noticed a whole list of programs being offered by the Polarity Center. Who is teaching those?

Kerns: John Bodary, Renee Rutz, me. Sometimes students or other members of the Polarity Community teach, as well. I might add here that volunteers from the Polarity community work at Holy Rosary Parish in Detroit, every other Thursday, giving free polarity sessions to Parish members or people who cannot afford to pay for treatment. John Bodary established this practice twelve years ago. It’s still going strong today.

BZ: How is it going since you moved its base of operations to Ann Arbor?

Kerns: It’s going well. That doesn’t necessarily mean that we have a lot of students, but the students that we have are very committed to their own life’s process, as well as helping other people in their own unique way. I’m very proud to be a member of the Polarity community as well as being an instructor/practitioner.

BZ: Do you have a family, kids?

Kerns: Yes, I have a daughter, Shelly Kerns Benitah. She and her husband, Cyril, and their five children live in West Bloomfield. My youngest daughter,

Continued on page 38

“She came home and said to me: ‘Mom, I know that when I’m 34, I’m going to die. I just want you to know’. I asked her how she knew this? She said, ‘I just know’. So, here we are.”

The Crazy Wisdom Interview with Karen Kerns

Continued from page 37

Jackie Kerns, passed away in August of 2008.

BZ: Oh, I’m so sorry. How old was she?

Kerns: 34.

BZ: I’m so sorry for your loss. My mother lost two daughters -- my two sisters.

Kerns: Oh, my...

BZ: It was very hard for her...And very hard for my wife to lose two of our children.

Kerns: So sorry, Bill, for your loss.

BZ: Thanks.

Kerns: Jack was a prophetic kid. She would know in the morning, or the night before, what someone would say in class, or what they would wear. She predicted 9-11. She had dreams for three weeks before it happened. She was upset and agitated with dreams of planes crashing into buildings, feeling helpless to stop it. One day when she was 19, she went out driving in very slippery conditions, and hit a guard rail on an exit ramp. She came home and said to me: “Mom, I know that when I’m 34, I’m going to die. I just want you to know.” I asked her how she knew this. She said, “I just know”. So, here we are.

BZ: So, she was ‘a sensitive’.

Kerns: Oh, yes.

BZ: And you are ‘a sensitive’.

Kerns: Yes, I am. I could have willed Jackie my practice. But she wasn’t interested. She worked for the HIV division of Pfizer, as one of six U.S. representatives speaking at clinics on how to manage their medication regimens.

BZ: Do you think there was a long line? Do you think your mother, your grandmother, your aunts, also lived with sensitive gifts?

Kerns: I don’t know honestly. Although my mother would tell me a story of her grandfather. People would come from all over and ask him to help them. He would hold his hand over a wound, especially burns, say ‘something’ and the wounds would be gone instantly. She’d say: “Maybe you have some of that, Karen”.

BZ: She’d tell you that?

Kerns: Yeah.

BZ: Maybe you do. And then some.

Kerns: Perhaps.

BZ: She had that, too?

Kerns: Well, you know, when you’re a kid and you’d get caught doing something you thought you had perfectly hidden from view, you wonder. If she did, she did not share it.

One more thing about my daughter, Jack. I remember her calling me from Chicago where she lived: “Mom, I’m at a restaurant and I notice this woman that’s sitting over at that table. I know if she leaves before 2:00 she’ll get hit by a car when she crosses a street. What do I do?!” I said, “Well, number one, if you tell her that, she’s going to think you’re nuts. And number two, what can you live with?” She said, “Got it mom!” Poof, I never heard what the outcome was. I’m assuming she did speak to her.

BZ: I’m sorry for your loss, Karen.

Kerns: Thank you. I am, too. I am, too. You know about that. I actually have a picture behind Chetana Florida (Karen points to some framed photos on a windowsill) of Juliana (the interviewer’s deceased daughter). I keep her in my corner.

BZ: There’s a lot in that photo of Juliana -- those eyes. And I recognize that photo of Chetana. I first started hearing about Chetana Florida soon after we purchased Crazy Wisdom, in 1989. At that time, we had a young store manager named Debbie Szporluk, who used to go see Chetana, and used to rave about her.

Kerns: I was part of the Lighthouse Center for quite a while. I’m very inner directed. Sometimes it’s been very difficult to be that way. For instance, I was in California visiting a friend and I was in a restaurant waiting for her to get out of a meeting. I came out of the restaurant and opened the door and something said very loudly to me: “You will be moving to Ann Arbor within a year”. I was living in Saginaw at the time. I said “What?!” There was no one

“Bringing consciousness to sensations helps
dissipate the intensity of the sensation.”

near, and within a year I was here.

BZ: Is this a picture of Ma Jaya?

Kerns: Yes. If you turn that picture over, that’s what she looked like when I met her. She was being interviewed in Chicago at the World Parliament of Religions.

BZ: What’s that? (pointing to a framed picture on Karen’s office wall)

Kerns: Oh. It’s a Batik of the fire phoenix and seven women. I purchased it at the Women’s Music Festival. I was the first person to give massage at the WMF as an art form.

BZ: Massages as an art form?

Kerns: Yes. I was in a tent with all these artisans. I presented massage not just as a healing form but also as an art form. This picture follows me wherever I go.

BZ: It’s a wonderful piece! Is that a fire in the background?

Kerns: A phoenix fire, yeah.



“It is a journey for themselves as well as an
introduction to a field of practice. It’s very humbling.”

For more information about Karen Kerns’ upcoming Polarity workshops,
see the Polarity Center’s ad on page 6, or their Listing in the
Polarity Section of the Crazy Wisdom Calendar on page 59.

Photo by Linda Lawson

BZ: And this painting? Does it have a name? How would you describe it? Is it a woman and two wolves?

Kerns: Yes. The saying underneath it is: ‘Nothing is so strong as gentleness. Nothing so gentle as real strength’.

BZ: It’s a great quote.

Kerns: I admire people the most who walk their talk. Like Chetana, Dr. Stone,

“Also, one of the things that is strongly recommended, is that people (students) work on their own issues. To begin to understand... what can happen to the person you’re working with. ”

Dr. Roland Becker, Ma Jaya and Forest Shaklee.

BZ: I know of all the other ones. Who was the last one?

Kerns: Forrest Shaklee developed the Shaklee line of vitamins, gosh, some fifty years ago now. What I like most about him, is he figured out how to cure himself of cancer with food. He then worked with that knowledge to help others. The Shaklee Center is the first building to be totally emissions free. They continue to take care of the Earth’s business. Forest Shaklee and Dr. Stone were born in the same era.

Part of polarity is also equating certain foods with certain chakras. The earth chakra will resonate with earth foods: potatoes, turnips, beets, carrots. Water chakra will resonate with water foods, like watermelon, cucumbers, melons, foods that grow ‘on’ the earth, etc. If you become conscious and think about that, it allows you to come outside yourself and feel the earth. We all need to do more of that. To feel what it’s like to be out here. To feel what the earth is like.

When people are just beginning that journey of consciousness, I sometimes suggest something like a cleaning product to not harm the earth, to begin to be aware about their relationship to this planet that gives them life. That can begin a sacred process of being able to honor life within themselves.

BZ: What are you looking forward to in the next year?

K: I’m looking forward to a resurgence of passion for, I think, the spiritual aspect of polarity. Dr. Stone wrote a wonderful book called the *Mystic Bible*. You know how you can read something one time and it means one thing, and you go back and read it again and it’s something deeper. He talked about stories of personal travel in the Bible as personal, internal spiritual journeys. Wonderful metaphors!

The death of my youngest daughter has really catapulted me into a spiritual dimension. I’d love to see her, to really strongly believe that she’s right here somewhere and I can see her. I want to know as best I can, to hold that belief of *yes!* There is so much more to life. I’d like to be able to see beyond this realm, while I’m still physically alive.

BZ: On the day that my 9-year old daughter, Juliana, died, I had a very strong... (She died at home in our arms and it was deeply moving and beautiful)... I had such a strong confirmation intuitively of something I had read in a hospice book, that seemed simple enough, but really spoke to me, it relates to what you just said. On that day, I really did sense, or rather I really did have a *knowing*, that she had simply gone over the horizon, like a boat off in the distance going over the horizon -- you can see the boat far off into the distance, and then it’s beyond the horizon, like the sun setting over the sea. The boat is still there, you just can’t see it anymore.

The distance from Juliana being in this world, to wherever she was just a few hours later, was not really such a great distance. She was still nearby, but she had moved over the horizon beyond what I could see. On that day, it seemed clear and true. I found that very comforting and it seemed to make complete sense -- even though the mind can’t know, it still made complete sense.

Kerns: Right. I think my heart knows. Something in me knows, and I believe it’s my heart that knows that. I see her in my grandchildren, one in particular. My daughters are/were very different from one another. Shelly is quite an accomplished mother, but she also has a degree in mechanical engineering and a masters in business. She’s very, very talented in many, many ways. One common thread was/is their humor.

BZ: Anything else you’d like to mention, Karen?

Kerns: Yes. First, to say a deep, heartfelt thank you to all the people who supported my daughter, Shelly, and me in many ways after Jackie’s death.

Second, one of the goals that I had as a practitioner was to be part of a healing team - members of different healing disciplines getting together discussing a case. I’m very fortunate in having Marcia Haarer, who is a psychotherapist, and Christi Bemister, who is a Hands of Light therapist, work with me with clients. It’s a wonderful way of getting people to move rapidly through a process and to cover all areas of their being. Each of us has a very special part in all of that.

BZ: You meet a client together or individually?

Kerns: We meet them individually, initially.

BZ: Then you talk about them with each other?

Kerns: Yes, with the consent of the client. Each of us has a sense of how the other two work. Having that information, the decision is made as to who will see the client, and when. With our varied strengths and abilities, the client gets a taste of different parts of him or herself. I find that very exciting and it seems to work very well.

BZ: You began that recently?

Kerns: A couple of years ago. There are times when I go to Marcia Haarer’s office and work with her with a client there, hands-on, as she’s helping them with therapy or EMDR. It’s very helpful.

BZ: Sometimes you’ll do bodywork while she’s doing therapy work?

Kerns: Yes.

BZ: That’s really interesting.

Kerns: Yeah, it is. If there’s very, very specific primary energy lines that need to be connected or healing, Christi does that. She also has a powerful overview. It’s very exciting. I enjoy it very much.

BZ: Are you enjoying teaching, too?

Kerns: I am! Again, facing my fears is a promise I made to myself, and being in front of people is not easy for me. It’s becoming more and more natural and exciting. I’m welcoming that feeling of comfort; that I can offer something for people in that way.

BZ: Thank you, Karen.

Kerns: Thank you, Bill.

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THE CRAZY WISDOM CALENDAR

A Free Guide to Local Classes, Workshops and Events

JANUARY THROUGH APRIL 2010



Andrew Brix,
Energy Programs Manager,
on page 26



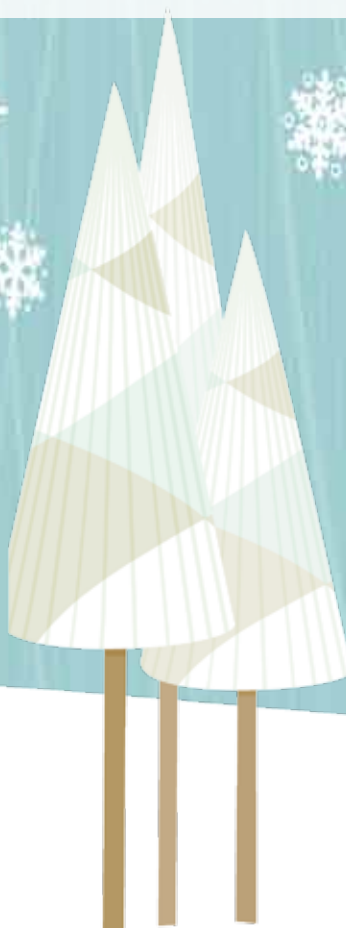
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Marliesa Back on page 22



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and Lisa Gottlieb, on page 8



Yoga Instructor Christy DeBurton
on page 68



Eileen Bristol of Relax Station,
on page 7

The Crazy Wisdom Calendar

Photo by Carol Karr



Questions for Jonathan Ellis, Spiritual Director

Bill Zirinsky: *Jon, you have come back to Ann Arbor, which is a propitious event for those of us who know you. What brought you back here from the warmer climate of northern Florida?*

Jonathan Ellis: After many busy years in and out of Ann Arbor, I moved to Florida in 2002. I wound up, happily, on a barrier island, living at the edge of a wilderness sanctuary, and I expected never to leave. But after seven years, I felt moved to come back into the world, or at least back into the cold.

BZ: *What do you do in your role as a Spiritual Director?*

Jonathan Ellis: Spiritual Director is a traditional term but it doesn't mean you direct anyone. As a spiritual counselor, I help people sort out their ideas and feelings about the spiritual path of their own choosing. Folks who want to place more attention on their spiritual life can have regular sessions with a spiritual director.

I've been doing this full-time for 15 years and I now talk with 60 people or so, usually once a month, but more often in times of challenge or change for them. I'm not affiliated with any organization and I talk with folks from many different walks of life and spiritual backgrounds. In our sessions, they get to step back monthly, look at their life from a spiritual perspective, and focus their intention.

This can be rejuvenating. I know I look forward to the insights and support of my own spiritual director when we talk each month about my life. Having such a person along on your spiritual journey is encouraged in many traditions.

BZ: *What's new in your practice as a spiritual director?*

Jon Ellis: About half of the people I work with live in southeast Michigan. Many of them now drive to see me since I moved back to Ann Arbor last summer. I've arranged to share a counselor's office here in town where I can meet folks. My spiritual direction practice is pretty full but I will add a new person if I think there is a reason for them to work with me in particular.

BZ: *Please tell us more about working with clients by phone, clients who are spread out throughout the country.*

Jon Ellis: This began with counselees I saw in person and then one of us moved. Now I get referrals for spiritual direction from all over.

Telephone sessions seem to work well with this kind of counseling, and it's common to have a spiritual director who lives in some other part of the country. But I also enjoy seeing people face to face when that's possible. Folks from elsewhere will sometimes fly in for a weekend so we can talk in person.

Acupressure, Shiatsu & Reflexology

Reflexology with Prema Lindsay Smith at the Ann Arbor Institute of Massage Therapy • April 17-18, 9-5 • This is a holistic approach to an ancient and scientific form of treating the whole body through the reflexes of the feet. We will explore the history dating from 3000 BC to current, international research as well as its clinical significance. \$250. Call 677-4430, fax 677-4520, info@aaimt.edu.

Reflexology Workshop at Lakewood School of Therapeutic Massage • Mar. 13-14, 9-5 • You will learn specific points that reflex to the body's organs and can help the recipient deal with stress and energize and balance the body. This workshop includes the giving and receiving of a full reflexology session. \$245. Call 810-987-3959, lakewood-school@sbcglobal.net or lakewoodschool.com.

Table Talk: Rubbing Those Reflexes! with Karen Kerns • Jan. 19 • This presentation is a discussion and demonstration on keeping your physical system up and running well using the information about energy meridians and reflex points. Five to ten minutes of massaging these reflex points can support a healthy system. \$5. For time, call 347-0532, polaritycenter.com.

Evolving Shiatsu Healing Session with Craig Parian • Jan. 23, Feb. 13, Mar. 13, April 10; Noon-4 p.m. • Reconnect and balance your body and energy field with an introductory shiatsu session, including a brief evaluation of your meridian energy and how thoughts, emotions, and life choices are impacting your health. \$1 per minute with a 20 minute minimum. Call 272-5020, cjparian@charter.net or evolvingshiatsu.com.

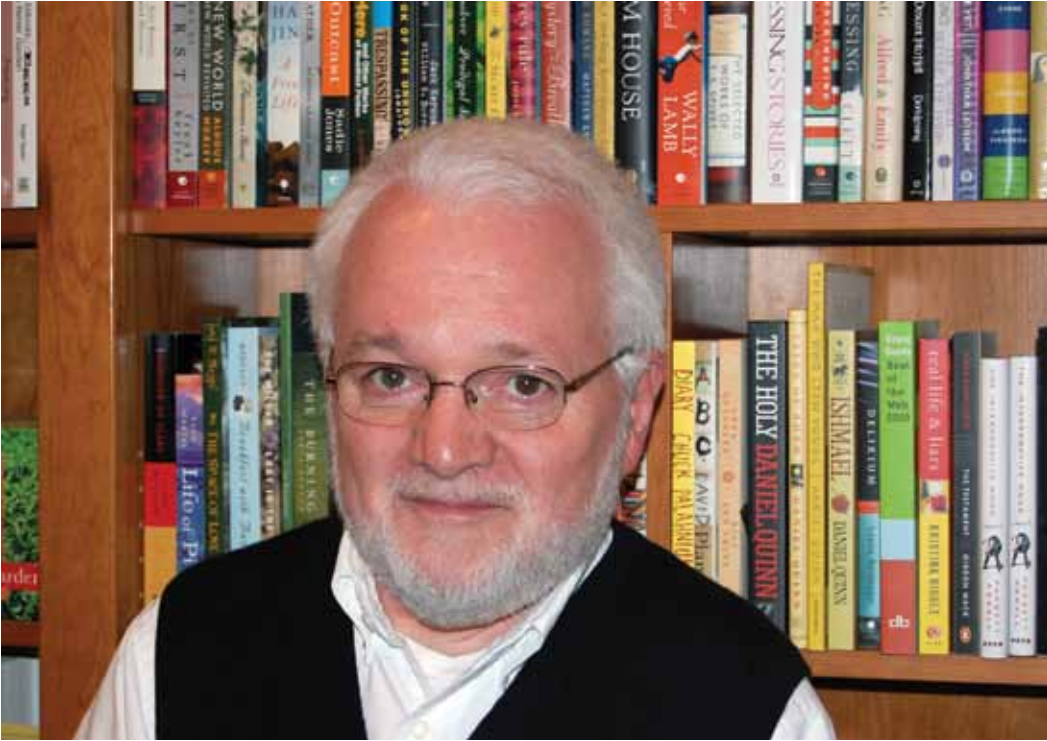
Acupuncture

Peaceful Happy Hour: Ear Acupuncture with Ellen Porter • Jan. 8, Feb. 12, Mar. 12, April 9; 5:45-7 p.m. • Melt stress away in a relaxing group setting with a mini acupuncture treatment. Ear acupuncture relieves stress while boosting the immune system. Unwind, relax, and restore your serenity. \$10. Call 845-2166, ellen@acuthrive.org.

Animals & Pets

Pet Massage Foundation Workshop with Jonathan Rudinger • Feb. 7-13, Mar. 7-13 or April 18-24; 9-4 each day • We cover basic anatomy and psychology of dogs, and Western and esoteric massage techniques and theories. This course is a personal development and enrichment class through the medium of canine bodywork. Movement and breathing exercises expand your sensory and spiritual awareness and develop healthy body mechanics. \$1,400. Call 800-779-1001, info@petmassage.com or petmassage.com.

Photo by Carol Karr



BZ: *And you have also been involved in training others to become spiritual directors. Tell us about that.*

Jon Ellis: I have mentored about a dozen people who already had strong counseling experience of some kind and a well developed spirituality of their own. I gave them the basic format of spiritual direction and emphasized how it differs from other kinds of personal counseling.

BZ: *When you were younger, you held a number of positions, here in Ann Arbor at Canterbury House and the University of Michigan, at the Edgar Cayce Foundation in Virginia Beach, with the Nantahala Outdoor Center in the Smokey Mountains, on the Deepak Chopra Journal, as well as in several national presidential campaigns. I also know that you have often found yourself helping organizations and businesses administratively, because you're so darned capable in that area. Have you given up that ghost for good, or do you still find yourself having to fend off organizations wanting to capture your talents?*

Jon Ellis: About the closest I come now is with some counselees who have two sessions each month. In our first session, we talk more about their own internal spiritual life. In a second conversation, we focus on their occupation and livelihood, and how they live their spirituality in their work in the world. There I sometimes can't resist making organizational suggestions as well.

BZ: *What do you love most about your work as a spiritual director?*

Jon Ellis: Love.

BZ: *Now that you're back in Ann Arbor, are there some aspects of a Michigan winter which appeal to you, or which you are looking forward to?*

Jon Ellis: I like walking outside while the snow is coming down.

BZ: *You have had a long relationship with Crazy Wisdom Bookstore, both as a part-time owner twenty years ago, and as a friend and advisor to the store for many years. Have you any comments about the store, and how it is fulfilling its role in the community, now, as you have been re-introduced to the store after a seven-year absence. Or any comments about what we could be doing but are not doing, or about our deficiencies in serving the regional community of spiritual seekers, which is our stated mission?*

Jon Ellis: I wouldn't suggest changing a thing.

BZ: *Anything else you'd like to add, Jon?*

Jon Ellis: I don't regularly use email so it's best to reach me by phone at 734 761-5155. Afternoons or evenings are best times to call. Some friends also maintain a web site for me: www.jonathanellis.org.

BZ: *Thank you, Jon.*

Jon Ellis: Thank you, Bill.



Photo by Ruth Schekter

Animal Healing with Ray Golden • Jan. 8-10, Mar. 6-8 or April 3-5; Friday 7-9 p.m., Sat. 10-6, Sun. 7-9:30 p.m. • This class is oriented toward working with animals. The first two days are the traditional Reiki One class. The third day is focused on using Reiki with animals. Only people are to attend. For cost, call 663-9724, intuitivehealth@aol.com or rayogoldenreiki.com.

Introduction to Animal Communication with Marliesa Back • April 17, 10-4 p.m. • Together, we will exercise our intuitive muscles, learning basic tools for connecting with animals and deepening our relationships with them. Feel free to bring photos of your animals. \$75. Call 649-6878, marliesa.back@att.net.

Aromatherapy

Aromatherapy Workshop with Lakewood School of Therapeutic Massage • Mar. 27-28, 9-5 • We explore the profiles of 18-20 essential oils, discuss a variety of application methods, and create an aromatherapy blend for a specific therapeutic benefit. \$245 plus \$20 lab fee. Call 810-987-3959, lakewoodschool@sbcglobal.net or lakewood-school.com.

Supreme Hand Treatment with Rachel Eckenrod • Jan. 21, 6:30-8:30 p.m. • Make an essential oil blend for a coconut oil and sea salt body/hand scrub, and a lotion to take home. \$45 includes materials. Call 649-1952, rachel@racheleckenrod.com or racheleckenrod.com.

Create Your Own Personal Scent for Valentine's Day with Rachel Eckenrod • Feb. 4, 6:30-8:30 p.m. • Make and take an essential oil blend created just for you. \$25 includes materials. Call 649-1952, rachel@racheleckenrod.com or racheleckenrod.com.

Everyday Uses of Essential Oils with Heather Brumwell • Feb. 1 or April 5, 6-6:45 p.m. • Learn to make cleaning supplies, hand soap, clearing sprays, and spa-like environments with essential oils. Each participant will create a product to take home. Free. Call 780-7180.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 67 .

The Crazy Wisdom Calendar

Art & Craft

Crazy Wisdom Bookstore Craft Circle Night! • First Tuesday of each month: Jan. 5, Feb. 2, Mar. 2, April 6 from 6:30-8:30 p.m. in the Crazy Wisdom Tea Room • Bring your knitting, embroidery, crochet or other handwork for a relaxed evening of crafting and a hot cup of tea with cookies. Enjoy inspiration from like-minded folks working on various projects, and devote two hours to finishing yours! This circle is just beginning and everyone is welcome to join at any time. Free. A pot of tea with free refills costs \$3.50. For more information, please contact Sarah Newland at 665-2757, sarah@crazywisdom.net.

Healing Jewelry Workshop with Greg Kemppainen at Song of the Morning • Feb. 27 • During the workshop, we will learn which of our energy centers (chakras) may be unbalanced and what we can do to heal them. We will research different gemstones and then choose from dozens of beads to create a necklace to help maintain our health or the health of loved ones. \$60. For times, call Matt at 989-983-4107, office@goldenlotus.org or goldenlotus.org.

Faux Leather Cuff: Polymer Clay with Georgie Galante • Jan. 18, 1-3 p.m. • Create the look of leather with polymer clay onto a cuff armature. No experience necessary. \$15 plus materials. Call 517-414-5403, GEOGAL48@gmail.com or georgiegalante.com.

Silver Clay: The Basics with Georgie Galante • Feb. 22, 1-3 p.m. or Mar. 22, 6-9 p.m. • Learn the basic skills for working with metal clay and leave with a one of a kind piece of fine silver, such as a pendant, earrings or dog tag. \$25 plus materials. Call 517-414-5403, GEOGAL48@gmail.com or georgiegalante.com.

Faux Ivory and Bone: Polymer Clay with Georgie Galante • Mar. 8, 6-9 p.m. • Duplicate the look of ivory and bone. Class will concentrate on buttons and a pendant or brooch. \$15 plus materials. Call 517-414-5403, GEOGAL48@gmail.com or georgiegalante.com.

Handmade Greeting Cards: Dry Embossing with Joy Finfera at Weber Center • Jan. 20, 1-4 p.m. • Embossing uses stencils to create decorative designs on paper. Pressure is applied to the stencil and the design is impressed onto the back of the paper to create an embossed image on the front. No experience required. \$20. Call 517-266-4000, webercenter@adriandominicans.org.

Handmade Greeting Cards: Quilling with Joy Finfera at Weber Center • Feb. 10, 1-4 p.m. • Each participant will try a variety of designs, finish three to five cards, and have supplies left for later use. No experience required, but it helps to have fine motor skills. \$20. Call 517-266-4000, webercenter@adriandominicans.org.

Handmade Card Making: Iris Folding with Joy Finfera at Weber Center • Mar. 10, 1-4 p.m. • Iris folding is a paper folding technique that resembles the iris or lens of a camera. The craft originated in Europe, with the patterned backs and insides of envelopes. Crafters cut those patterned papers into strips and turned them into intricate shapes. This class is perfect for all skill levels. \$20. Call 517-266-4000, webercenter@adriandominicans.org.

Family Art and Story Mornings with Allen Creek Preschool Teachers • Jan. 15, Feb. 12, April 2; 10-11 a.m. • Family Art will offer the chance for you and your child to work together to explore a variety of art materials and create special memories. Families have an opportunity to explore each of our three classrooms to play and participate in creative art projects. Free and open to community. Call Constance at 358-7063, constance@allencreek.org.

Art and Ideas with Shaqe Kalaj • Three Wednesdays, Feb. 10-24; 6-9 p.m. • This class is specifically about idea development to ignite your thoughts in a random and specific fashion, where you will get ideas that work for you and give you direction. \$95 includes some supplies. Call 734-634-8117, imshacha@me.com or artandideasgallery.com.

Intuitive Art Making with Shaqe Kalaj • Three Wednesdays, Mar. 3-17; 6-9 p.m. • Accessing our intuition is the goal of this workshop. We will use play, right brain techniques, non-dominant hand, and movement to open up to the imagination and loosen up your art work. \$95 includes some supplies. Call 734-634-8117, imshacha@me.com or artandideasgallery.com.

Autobiography and Art Making with Shaqe Kalaj • Mar. 24 and 31, 6-9 p.m. • Your story and perceptions are the essence of building a vision as an artist. We will explore narrative as the basis of our approach. Through writing and visual art making, your story will become rich with color. \$65 includes some supplies. Call 734-634-8117, imshacha@me.com or artandideasgallery.com.

Mood and Art Making with Shaqe Kalaj • Three Wednesdays, April 7-21; 6-9 p.m. • Your power to access your emotions and mood is the source of a meaningful existence. We will use visual art making to travel the valleys of our emotions. \$95 includes some supplies. Call 734-634-8117, imshacha@me.com or artandideasgallery.com.

Realism in Art Making: A Skill that Can Be Taught with Shaqe Kalaj • Mondays, April 12-June 7 • Being able to draw realistically is usually what stops people from making art. Realism is a skill that can be taught. You will find abilities that you were not aware of. \$240 includes some supplies, or two consecutive classes for \$65. For times, call 734-634-8117, imshacha@me.com or artandideasgallery.com.

Empowerment through Art with Shaqe Kalaj • Eight Wednesdays, April 28-June 16; 6:30-9 p.m. • If you have experienced abuse, this is the class for you. We will go on a journey through art making where you make connections with your true self. \$240 includes some supplies. Call 734-634-8117, imshacha@me.com or artandideasgallery.com.

People travel to wonder at the height of the mountains,
at the huge waves of the seas, at the long course of the
rivers, at the vast compass of the ocean, at the circular
motion of the stars, and yet they pass by themselves
without wondering.
- St. Augustine

Astrology

Fundamentals of Nine Star Ki Astrology with Joy Naylor • Mar. 16 • Learn how to use Nine Star Ki Astrology as a guide in understanding and improving your relationships. For cost and time, call 645-1188, gaita@joynaylor.com.

Thursdays with the Original Astrologers and Friends coordinated by Bon Rose Fine and sponsored by the Southeast Michigan Astrologers' Round Table (SMART) • Most Thursdays, 6:30 p.m. • These weekly get-togethers were introduced by SMART in the spring of 2006, offering the astrological community an informal opportunity to connect and enjoy stimulating conversation. It is also possible to trade readings with one another or offer mini readings to the general public in a welcoming environment. Cost is free or it can vary. To confirm, call 434-4555, bonrosefine@comcast.net or http://groups.yahoo.com/group/SMART_NEWS/.

Living Astrology with Linda Simran Harvey, sponsored by SMART • Jan. 10, 2-4:30 p.m. • This workshop is an experiential way to gain insight into your astrological chart and have fun in the process. We'll play with the dynamics of our birth charts, promoting understanding, humor, and ease with costumes and props. If you don't have your chart, email the contact person with your birth date, time, and location and you'll have it at the event, or a chart can be produced for you at the workshop for an extra charge. \$10. Call 434-4555, bonrosefine@comcast.net or http://groups.yahoo.com/group/SMART_NEWS/.

Heavens Above! It's Love! with Elizabeth Sullivan, sponsored by SMART • Feb. 14, 2-4:30 p.m. • The astrological harmony found between horoscopes is the cosmic barometer of love relationships. Vedic astrology is particularly well-suited to interpreting this barometer, as well as indicating the timing of the winds of a relationship. \$10. Call 434-4555, bonrosefine@comcast.net or http://groups.yahoo.com/group/SMART_NEWS/.

SMART's Eighth Spring Sunday Sampler with Nancy Bahlman, Chrissie Blaze, Linda Simran Harvey, Liz Jelinek, and Phil Meade, sponsored by SMART • Mar. 21, 1:30-6 p.m. at Crazy Wisdom Community Room • This annual mini-festival in observance of International Astrology Day and the Vernal Equinox will feature a line-up of five talented Michigan astrologers presenting short lectures on a variety of subjects. There will be something for novices and beginners, all the way to seasoned pros. Topics include Generational Cycles, 2010-2012: Reshaping Our World, Astrology and Awakening, Integrating Psychology with Astrology, and The Fixed Stars. \$15. Call 434-4555, bonrosefine@comcast.net or http://groups.yahoo.com/group/SMART_NEWS/.

Astrological Timing Using Phases with Darri Low-Murphy, sponsored by SMART • April 25, 2-4:30 p.m. • Astrological timing using the phase-work method offers a framework for understanding the timing of events. Easily learned and amazing when practiced, it's an indispensable and timeless technique that will make sense and prove itself useful to you and your clients as you develop the skills. \$10. Call 434-4555, bonrosefine@comcast.net or http://groups.yahoo.com/group/SMART_NEWS/.

Planetary Hours: An Ancient Technique for Modern Times with Bon Rose Fine • Mar. 27, Mar. 28, April 10 or April 11; 1:30-4:30 p.m. • There truly is a time for every purpose and knowing how to work with the Planetary Hours can help anyone schedule activities, working in harmony with the universe. For the convenience of participants, this three-hour workshop is offered on a choice of four different dates. It's not necessary to have any knowledge of astrology to use this information. \$20 includes workbook. Call 434-4555, bonrosefine@comcast.net or <http://www.crazywisdom.net/bonrosefine.htm>.

Introduction to Astrology: It's All About You! with Bon Rose Fine • Six Mondays starting Mar. 28, 7:30-9:30 p.m. • Get a solid grounding in the basic concepts of astrology using your own chart as a guide. The elements, qualities, polarities, signs, planets, and houses will be covered in this six-week class. Participants will each receive copies and reports of their natal charts, many useful handouts, as well as a private consultation or tutoring session. \$75 with discounts available. Call 434-4555, bonrosefine@comcast.net or <http://www.crazywisdom.net/bonrosefine.htm>.

Author Events

Learn to Live Pain Free: Posture Secrets from the Masai, the Ancient Greeks, and Babies Book Talk with Esther Gokhale • Mar. 25, 7-8 p.m. at Crazy Wisdom Bookstore • With a fresh approach to common problems, *8 Steps to a Pain-Free Back*, by Esther Gokhale, advocates adopting the natural, healthy postures of athletes, young children, and people from traditional societies the world over. In eight simple lessons, with no special equipment and no tedious exercises, you will address the root cause of your pain. Whether you spend most of your day in a chair or on your feet, you can reclaim the pain-free back you were born with. Pain expert and posture specialist Esther Gokhale will teach stretch-sitting, a technique that transforms sitting into a therapeutic activity. Volunteers will have the opportunity to have their posture examined and improved. Free. For more information, call Rachel at 665-2757, rachel@crazywisdom.net.

Being Energetically Healthy: Book Talk and Signing with Diane Burney • April 13, 7-9 p.m. at Crazy Wisdom Tea Room • Learn some simple techniques to clear your energy field, release old energy patterns, and decrease negative energy in your living space with the author of *Spiritual Clearings: Sacred Practices to Release Negative Energy and Harmonize Your Life*. Free. For more information, call Rachel at 665-2757, rachel@crazywisdom.net.

Bodywork

Demonstration Roling Sessions with Leland Austin • Feb. 6, 1-4 p.m. at Crazy Wisdom Community Room • Roling sessions to experience or observe. Leland works with clients to guide them to bring gentle awareness to different parts of their bodies and notice subtle arising and unfolding of sensations and emotions. Working within the Roling form in this way seems to develop an increased capacity for awareness and brings one into a more intimate experience of oneself as an embodied being. \$5-\$10 suggested donation. Call 327-1066, lelandsf@gmail.com.

Pain-Free Living Lecture Series with Ann-Margaret Giovino • Lectures offered twice at 10:30 a.m. and 7 p.m. • Free. For information on the following lectures, call 276-7769, gymgiovino.com.

Jan. 27 • Restoring Your Feet's Function and Flexibility • Sore feet, fallen arches, toe problems? We need our feet every day, all day, to support our life. Where do we begin to find relief? In our selves. We have the power to change our circumstances and, if we take responsibility, we can do it through exercise.

Feb. 24 • Weak Ankles? Learn Why and How to Make Them Strong • Sports and accidents don't damage ankles, but body misalignments do. Unravel the problem and find the key to understanding this perfectly evolved mechanism for bipedal motion.

Mar. 24 • Reversing the Cycle of Knee Pain and Injury • See above description.

April 28 • Move Those Hips! • If you're feeling hip pain or facing hip replacement, it's never too late to change course. Learn what has happened to your hips and why.

Carpal Tunnel Workshop with Lakewood School of Therapeutic Massage • Mar. 20-21, 9-5 • This class will identify several ways to address Carpal Tunnel Syndrome, including nutrition, stretching, and a treatment routine encompassing many different modalities. Also covered are ways for the massage therapist to modify massage techniques to minimize stress to the wrists and make the bodywork easier. \$245. Call 810-987-3959, lakewoodschool@sbcglobal.net or lakewoodschool.com.

Healing Phantom Pain with Karen Jones • Jan. 28, 6-7:30 p.m. • Knowledge is power. Learn techniques to heal 90% of phantom pain. \$30. Call 260-3136, joneslego5@yahoo.com or iahp.com/jonesleg.

Healing Anxiety with Karen Jones • Feb. 25 • Health is powerful. Learn multiple techniques for eliminating anxiety in your body. \$30. For time, call 260-3136, joneslego5@yahoo.com or iahp.com/jonesleg.

Healing Back Pain Permanently with Karen Jones • Mar. 25, 6-7:30 p.m. • You can heal. Heal your back without medication or surgery, at any age. \$30. Call 260-3136, joneslego5@yahoo.com or iahp.com/jonesleg.

Free Introductory Talk and Demonstration on Rosen Method Bodywork with Jude Goldstein • April 17, 6:30-9:30 p.m. • Presence is an essential aspect of Rosen Method Bodywork, which explores how the body armors itself due to emotional experiences that have never found expression. Practitioners use sensitive touch, observation of breath, and verbal exchange to facilitate a relaxation of these holding patterns and a deeper contact with the inner self. There will be a presentation and demonstration along with guided movement. Free. Call Lucia Viers or Leland Austin at 327-1066, lucia-viers@gmail.com or lelandsf@gmail.com.

Introductory Workshop in Rosen Method Bodywork with Jude Goldstein • April 18-19, 10-5 • Rosen Method Bodywork uses gentle touch and dialogue to support a deepening of physical and emotional awareness of muscle tension and the breath, which can help us move through layers of chronic tension and connect us to various ways we shape ourselves with posture, attitudes, beliefs, and emotional holdings. This process can develop our capacity to explore and uncover hidden truths about mysterious aches and pains, feel more confident and rooted in the body, experience more ease, and live in the present moment. Rosen Method's practice of listening to the body can benefit bodyworkers and therapists, their clients, and all seekers looking for a deeper understanding and appreciation of themselves. \$150. Call Lucia Viers or Leland Austin at 327-1066, luciaviers@gmail.com or lelandsf@gmail.com.

Improve Your Movement, Renew Yourself with Alexander Technique with Alice Greminger • Second Wednesdays: Jan. 13, Feb. 10, Mar. 10, April 14; 7-9 p.m. • Experience how Alexander Technique releases old tensions, giving new energy to you and all your activities, from quiet activities such as computer work and walking, to complex activities such as sports and performing. Alexander Technique helps with injury recovery and prevention and, as a person becomes freer physically, personal well being and creativity are enhanced. \$30. Call 665-0849, agreminger1@gmail.com or agreminger.musicteachershelper.com.

Protect Your Health and Release Stress with Alexander Technique with Alice Greminger • First, Third, and Fourth Wednesdays of each month; 7 p.m. • Just as Alexander Technique helps performers and athletes overcome performance anxiety and mental/physical blocks to excellence, it also helps all of us destress and function at our highest level. Learn how to use your body's design for free, effortless movement in all your activities. \$15. Call 665-0849, agreminger1@gmail.com or agreminger.musicteachershelper.com.



...to a mountain
the pebble grows.



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each of us is a drive
toward wholeness
and unitive reality.*

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grounded in
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**The Crazy Wisdom Calendar will be posted online
starting January 1, 2010, at crazywisdom.net.**

The Crazy Wisdom Calendar

Book Discussion Groups & Book Events

For the Love of Books: An Evening Glimpse into the Book World • Feb. 4, 7-8:30 p.m. at Crazy Wisdom Tea Room • Come enjoy hot tea and dessert in our cozy tea room while listening to three lively book experts discuss new and upcoming books. Publisher sales representatives will discuss the most compelling titles of the season. This is an interesting opportunity to see the world of books through a book buyer’s eyes. You will also receive a chance to pre-order upcoming releases at a discount. Sale representatives include Kate McCune from HarperCollins, *Publisher’s Weekly* 2007 Sales Rep of the Year. Andy Holcomb of Fujii Associates, which represents many publishers including Houghton Mifflin, Harcourt, and Workman, will also be present. Free. For more information, contact rachel@crazywisdom.net.

Crazy Wisdom Bookstore Monthly Book Discussion • 7 p.m. at Crazy Wisdom Community Room • Join our monthly book discussion group. Each month, a different book is chosen for reading and discussion. Purchase the book in advance for the discussion group and receive 30% off purchase of the current month’s title. It is recommended to read the book before meeting. All are welcome; just show up! (Authors absent from events.) Call 665-2757, information@crazywisdom.net.

Jan. 8 • *Perfect Vegetables* by Cook’s Illustrated
Feb. 12 • *Taking the Leap: Freeing Ourselves from Old Habits and Fears* by Pema Chodron
Mar. 12 • *How to Grow More Vegetables* by John Jeavons
April 9 • *When Technology Fails* by Matthew Stein

The Yoga Room’s Book Club with Christy DeBurton • Bi-Monthly Wednesdays, 7-9 p.m. • Join us as we take our yoga practices to a deeper level by reading and discussing books on yoga philosophy, spirituality, and other holistic topics. Free. Bring a vegetarian dish to pass. Call 761-8409. For a list of upcoming book selections and meeting dates, visit christydeburton.com or info@christydeburton.com.

Breathwork

Integrative Breathwork Workshop with Linda Adamcz • Jan. 9, Jan. 23, Feb. 6, Feb. 20, Mar. 6, Mar. 20, April 10 or April 24; 10 a.m.-6 p.m. • A musical journey for insight, emotional healing, and creativity that can assist with major life transitions; grief/loss issues; stress related to physical health, work, finances, and relationships; trauma/abuse; depression or addictions. \$80 per day. Call 269-388-2988, lkadamcz@juno.com or adamczassociates.com.

Drop-In Transformational Breathing Sessions with Frank Levey • Ongoing Tuesdays, 9:30-11 a.m. • Transformational Breathwork is a powerful self-healing modality that opens restricted breathing patterns, allowing for release and interaction of physical, mental, and emotional barriers. Each class will have a full breath session with opportunity for sharing experiences. First timers should come at 9 a.m. \$25 with no one refused for financial reasons. Call 657-8742, frank@awakenedbreath.net.

Introduction to Transformational Breathwork with Frank Levey • Jan. 19, Feb. 16, Mar. 9; 7-8 p.m. • This is an opportunity to learn about and have a clear experience of Transformational Breath. Free. Call 657-8742, frank@awakenedbreath.net.

Transformational Breath and the Presence Process: Two Workshops with Frank Levey • Part A, Levels 1-5: Thursdays, Jan. 7-Feb. 4, 9:30-11 a.m.; Part B, Levels 6-10: Thursdays, Feb. 11-Mar. 18, 9:30-11 a.m. • The Presence Process is a ten-part experiential journey that systematically empowers us to integrate and release our dysfunctionally stored body/mind imprinting. Combined with a Transformational Breath session, each class opens us to realize our vast potential as human beings. \$125 for each part, with no one refused for financial reasons. Call 657-8742, frank@awakenedbreath.net.

Transformational Breathing Introductory Workshop with Dave and Pat Krajovic • Jan. 21, Feb. 16, Mar. 25, April 20; 6:30-9 p.m. • Learn what the breath can do for you, not just to restore health, but to bring a renewed sense of vitality, optimism, and joy to your life. Soothe your soul and free your spirit with a powerful breath session. \$50. Call 734-416-5200, info@bodyworkshealingcenter.com.

Experienced Breather’s Tune-Up with Dave and Pat Krajovic • Jan. 11, Feb. 4, Mar. 2, April 15; 7-8:30 p.m. • This class is for experienced breathers who just want to deepen the benefits of conscious breathing by developing a consistent breath practice. The workshop will consist of intention setting, a facilitated breath session, and sharing and integration. You must have previously attended at least three Transformational Breathing Introductory Workshops. \$25. Call 734-416-5200, info@bodyworkshealingcenter.com.

Transformational Breathing Forgiveness Workshop with Dave and Pat Krajovic • Feb. 7; 9-4 • Join us as we let the breath guide us gently to the state of forgiveness. Experience the joy of letting go of old wounds and the burden of guilt we carry. Experience freedom that comes from understanding our power as creators, the mirror, the shadow, and the open heart. \$99. Call 734-416-5200, info@bodyworkshealingcenter.com.

Buddhism

New Year’s Day Service at the Zen Buddhist Temple • Jan. 1, 11:30 a.m. • Come join us as we begin 2010 (2554 in the Buddhist calendar) with contemplation. For more information, call 761-6520, annarbor@zenbuddhisttemple.org.

Two Sunday Services at the Zen Buddhist Temple • 9:30-11 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation, followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation. Call 761-6520, annarbor@zenbuddhisttemple.org.

Introductory Zen Meditation Course at the Zen Buddhist Temple • Five Thursdays starting Jan. 14, Mar. 4 or April 15; 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple’s meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. \$160 or \$120 unwaged. Call 761-6520, annarbor@zenbuddhisttemple.org.

Buddha’s Enlightenment Day All-Night Sitting at the Zen Buddhist Temple • Jan. 22: Friday night through Saturday morning • Come and meditate to awaken to your true nature, inspired by Shakyamuni Buddha who sat under the Bodhi tree and came to freedom. Sit from 8-10 p.m. and/or 10 p.m.-midnight. After midnight, please stay until 4 a.m. Bring an offering of flowers, fruit, candles, nuts, incense, dried fruit or money for the altar. Everyone is welcome. Call 761-6520, annarbor@zenbuddhisttemple.org.

Overnight Introductory Meditation Course at the Zen Buddhist Temple • Mar 5, 7 p.m.-Mar. 6, Noon • This format is primarily for out-of-towners, but local people who cannot attend the Thursday evening course or who prefer the overnight retreat are also welcome. \$160 includes accommodation and vegetarian meals. Call 761-6520, annarbor@zenbuddhisttemple.org.

Three-Day Spring Retreat (Yongmaeng Jeongjin) with Ven. Haju Sunim at the Zen Buddhist Temple • Mar. 25, 7 p.m.-Mar. 28, 8 a.m. • This retreat is an intensive period of zen practice geared toward the experienced student. For cost, call 761-6520, annarbor@zenbuddhisttemple.org.

Gateway to the Spiritual Path with Jewel Heart Instructors • Jan. 11, 18, 25, Feb. 1, 8, 15, Mar. 1, 8; 7-8:30 p.m. • The main focus of this course is developing a reliable spiritual foundation. Gelek Rinpoche’s transcript, *Gateway to the Spiritual Path*, serves as the basis. \$80 non-members. Call 994-3387, registration@jewelheart.org.

Creating Space: Clarity and Insight through Meditation with Jewel Heart Instructors • Wednesdays: Jan. 13-Mar. 10, 7-8:30 p.m. • Meditation provides us with a clear, stable mind, necessary for a happy life and the foundation for deepening our spiritual journey. This course offers hands-on experience with the basic elements of meditation using the breath, posture, and techniques for coping with distractions and laxity of mind. No class Feb. 24. \$80 non-members. Call 994-3387, registration@jewelheart.org.

Deepening Awareness: The Practice of Mindfulness Meditation with Jewel Heart Instructors • Mar. 24, 31, April 7, 14, 21, 28, May 5, 12; 7-8:30 p.m. • Becoming more aware of our thoughts, feelings, and sensations through meditation opens the door to understanding the nature of our mind and how it influences our experience. While this course is open to all, it is recommended to follow Creating Space. \$80 non-members. Call 994-3387, registration@jewelheart.org.

The Three Principles of the Path with Jewel Heart Instructors • Wednesdays, Section 1: Jan. 13-Mar. 10 and Section 2: Mar. 17-May 5; 7-8:30 p.m. • This is a condensed summation of the path to enlightenment, which includes the determination to be free, unlimited compassion, and wisdom. Gelek Rinpoche’s transcript, *The Three Principles of the Path*, serves as course material for this six-month course. No class Feb. 24. \$80 non-members. Call 994-3387, registration@jewelheart.org.

The Swift Path (Nyr Lam) with Gelek Rinpoche • Jan. 22, 7-9 p.m.; Jan. 23, 10 a.m.-9 p.m.; Jan. 24, 10 a.m.-2 p.m. • The Swift Path was composed by the 3rd Panchen Lama and succinctly lays the ground for spiritual development through clear and relevant topics for visualization and analytical meditations. \$30 non-members. Call 994-3387, registration@jewelheart.org.

Sunday Morning Talks with Gelek Rimpoche and Jewel Heart Instructors • Sundays, Jan. 3-April 25; Talk 10-11 a.m. and Tea 11-11:30 a.m. • Join us for a taste of Buddhism through introductory talks on contemporary issues, followed by tea and cookies or brunch. Open to all. Free with donations welcome. Call 994-3387, registration@jewelheart.org.
Jan. 3 • The Life of Buddha with Gelek Rimpoche
Jan. 10 • Taking Apart Delusion
Jan. 17 • Intelligent Faith and Taking Responsibility
Feb. 7 • Attachment, Appreciation, and Love with Gelek Rimpoche
Mar. 7 • Compassion for Oneself is Key with Gelek Rimpoche
Mar. 14 • Guest Speaker Lene Handberg
Mar. 21 • The Three Kinds of Generosity
Mar. 28 • Patience is the Best Protection
April 4 • Fearlessness
April 11 • Freedom through Responsibility
April 25 • Benefits of Meditation



Ceremonies, Celebrations & Festivals

Monthly Eucharistic Celebration with Rev. Thomas Lumpkin and Rev. Charles Morris • First Wednesday of each month, 7 p.m. • Come and share fellowship and spiritual nourishment in the mid-week celebration of the Eucharist at Visitation Barn/Chapel. Free. Call 734-240-5494, riverhouse@ihmsisters.org or ihmsisters.org.
New Year’s Eve Meditation at Lighthouse Center • Dec. 31, 11 p.m. • Gather at 11 p.m. and meditate from 11:30 p.m.-12:30 a.m. Meditation to release the old year and bring in the new year in the highest vibration. Free. Call Prachi at 734-449-4381, thielp17@yahoo.com.
Open House for the Aprill Wellness Center • Mar. 28, Noon-7 p.m. • Free yoga classes, samples, and giveaways. Meet our staff and enjoy free information on health and wellness. Call Heather at 780-7180.
Earth Day Service and Celebration for All Ages at Zen Buddhist Temple • April 25, 9:30-11:30 a.m. • For more information, call 761-6520, annarbor@zenbuddhisttemple.org.

Easter Meditation Gathering at Self Realization Meditation Healing Center • April 4, 10:15 a.m. • We warmly welcome you to join us to share in song-chants, inspired thoughts, and Mata Yoganandaji’s Blessing, followed by silent meditation for as long as you wish. No charge. You may reserve lunch for \$9.54. Please let us know you’re coming at 517-641-6201, info@SelfRealization-CentreMichigan.org or SelfRealizationCentreMichigan.org.
Element Pledge Ceremony with Gateways Center for Life Enrichment • April 25, 9:30-4 • The basis for this ceremony lies in our deep desire to unite our heavenly and earthly natures and be empowered to express something of divine truth in daily life. This ceremony provides an opportunity to put forward an intention, in the presence of witnesses, to study and experience one of the four elements for a set period of time. Ceremonially expressing this intention opens a path of personal rediscovery as reflected by that element. This is a journey of connection to the planet, to the divine, to the self. \$15. For pre-pledge information, call 332-4666, gatewayscenter@hotmail.com.

Candlelight Meditation and Healing with Lighthouse Center • Sundays, 5-6:15 p.m. • Begin the new week by renewing your spirit with chanting, meditation, prayer, visualization, and a healing circle. Reiki healing available as well. No cost. Time changes with daylight savings to 6-7:15 p.m. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Chakras

Chakra Study with Rachel Eckenrod • Ongoing Wednesdays, 6:30-8:30 p.m. • Each class focuses on an aspect of one chakra. Sound, color, scent, and crystals will be covered and available for purchase. Sharing information is strongly encouraged. We begin Jan. 6 with the root chakra. A new chakra each month. \$10 or free for practitioners. Call 649-1952, rachel@racheleckenrod.com or racheleckenrod.com.
Chakras, Kundalini, and Distance Healing with Glenn Pailthorp • Jan. 10, Feb. 14, Mar. 14, April 11; 1-3 p.m. • Combining chakra meditation, kundalini awareness, and guided meditations, we will awaken and clear our psychic channels for healing ourselves and others. Bring a list of people for the distance healing portion. \$10. Call 417-8682, pailthorp.com.

Channeling

The Gathering with Karlta Zarley • Third Tuesday of each month, 7-9:30 p.m. • Karlta channels information from spirit about changes we experience as we move along our spiritual path, and current trends and issues that affect us. Often there is time for questions and answers with the guides. Bring a dish to share. \$10. Call Evan at 248-437-7466.
Evenings with Aaron (Channeled) with Barbara Brodsky • Feb. 17, Mar. 17, April 21; 7:30-9:30 p.m. • The evening is led by Aaron, a being of light, love, compassion, wisdom, and gentle humor. Channeled by Barbara Brodsky, Aaron offers a talk and answers personal and universal questions. All welcome. Donations appreciated. Call Deep Spring Center at 477-5848, info@deep-spring.org.
Evenings with Jacob with Judy Crookes • Jan. 8, Feb. 5, Mar. 5, April 9; 7:30-9:30 p.m. • Evenings with Jacob are a delightful time of laughter and learning. Jacob usually begins the evening by briefly speaking with most participants. They will then move on to an informational talk relevant to those who have gathered. Typical topics have been attitude, abundance, power, gaia or reality creation. Jacob will then ask for questions, which can be personal or general. Most evenings close with a meditation. \$15. Call Gateways Center for Life Enrichment at 913-4927.
Channeling Angels with Shala Kilmer • Eight Mondays starting Feb. 22, 6:30-9 p.m. • Learn how to allow the angels to speak through you. Limited to eight. \$250. Call 248-258-8287. Check testimonials at IntuitionPath.com.

Channeling, Mediumship, and Healing with Glenn Pailthorp • Feb. 14, 3-5 p.m. • Join us to find out how easy it is to channel. You will learn the ins and outs of consciously working with your highest guides for guidance and healing. \$10. Call 417-8682, pailthorp.com.

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734-665-2757

The Crazy Wisdom Calendar

Chant

Ann Arbor Kirtan • Sept. 18, Oct. 16, Nov. 20, Dec. 12; 7:30-9:30 p.m. at Friends Meeting House • Come join us for an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. \$5-\$10 suggested donation. Call Karen at 645-8904, kirtanannarbor.org.

Childbirth

Childbirth Preparation: Focus on Labor and Birth - Condensed Series with Kate Stroud or Heather Prusi-Wilson through Center for the Childbearing Year • Jan. 9 and 16, or April 3 and 10, 9:30 a.m.-1 p.m. • The condensed series is designed for folks with busy schedules who cannot accommodate a longer series, couples seeking a refresher class for a second (or more!) baby or couples planning a homebirth. We'll focus on just the basics: the process of labor and birth, coping with pain, support techniques and comfort measures, and the postpartum recovery period. \$165 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Childbirth Preparation: Everything You Need to Know with Kate Stroud or Heather Prusi-Wilson through Center for the Childbearing Year • Seven Tuesdays: Jan. 12-Feb. 23 or Seven Wednesdays: Mar. 10-April 21; 6:30-8:45 p.m. • Birth is normal and you can do it! This series provides a community of expectant parents who come together to learn about childbirth and explore related topics in preparation for giving birth. Emphasis is placed on developing confidence in a woman's natural capacity to birth, comfort measures and labor support techniques, alternatives to drugs, cesarean prevention, and the baby's needs. \$5 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Negotiating the Medical Setting with Kate Stroud or Heather Prusi-Wilson through Center for the Childbearing Year • Jan. 23 or April 17, 9:30-1 • What parents need to know about epidurals, cesareans, birth plans, and informed consent. This class is designed to be an optional third class to accompany our Condensed Series of Childbirth Preparation classes. \$70. Call 663-1523, patty@center4cby.com or center4cby.com.

Newborn Care 101 with Jaminda Springer through Center for the Childbearing Year • Jan. 30, 1-5 p.m. or Two Tuesdays: Mar. 9 and 16, 6:30-8:30 p.m. • As parents, we are all figuring it out as we go along. Trial and error will definitely be a learning strategy as you get to know your baby. We will try to limit the "error" part of trial and error by sharing practical insights and identifying supportive resources. We discuss how to hold a newborn, the sensory capacities of a newborn, the "stuff" that's necessary, as well as diapering, bathing, and calming the baby. \$60 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Breastfeeding Basics with Barbara Robertson through Center for the Childbearing Year • Feb. 6, 12:30-5 or Two Tuesdays: Mar. 23 and 30, 6:30-8:45 p.m. • We want to help your breastfeeding experience be satisfying, joyful, and pain-free! This class prepares the mother-to-be for a successful breastfeeding experience. Topics include latching and positioning the baby, overcoming common obstacles, learning your baby's hunger cues, and more. \$60 per couple. Call 663-1523, patty@center4cby.com or center4cby.com.

Introduction to Childbirth for Doulas with Patty Brennan and Kate Stroud through Center for the Childbearing Year • Feb. 12 or April 23, 10-6:30 • Want to become a doula and wondering where to start? Get grounded in the basics of childbirth education. Learn how to facilitate informed decision making for your clients with up-to-date information on the benefits, risks, and alternatives to medical interventions in the birth process and with the newborn. Topics include anatomy and physiology of pregnancy, labor, birth, nutrition, and more. \$120. Call 663-1523, patty@center4cby.com or center4cby.com.

DONA International Birth Doula Workshop with Patty Brennan and Kate Stroud through Center for the Childbearing Year • Feb. 13-14 or April 24-25, 8:30-6 each day • Are you interested in a career working with moms and babies? Become a professional Birth Doula! This training teaches you the skills necessary to provide emotional, physical, and informational support to expectant mothers and their families. You do not need to be a mother yourself nor have a medical background to become a doula - just a passion for birth and the desire to be in a support role for other moms. Class leads to professional certification through DONA International. \$375. Call 663-1523, patty@center4cby.com or center4cby.com.

Professional Education in Breastfeeding and Lactation with Barbara Robertson through Center for the Childbearing Year • Mar. 20, 9 a.m.-2 p.m. • This workshop provides a grounding in the fundamentals of breastfeeding and will educate professionals who work with women postpartum in the counseling skills necessary to assess and correct breastfeeding problems. \$75. Call 663-1523, patty@center4cby.com or center4cby.com.

DONA International Postpartum Doula Workshop with Patty Brennan through Center for the Childbearing Year • Mar. 25-28: Thursday 1:30-7:15, Friday and Saturday 8:30-6, Sunday 8:30-3:15 • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of the birth experience and its impact on postpartum recovery, normal physiologic recovery for the mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating the new baby into the family, and postpartum mood disorders. Class leads to professional certification. \$425. Call 663-1523, patty@center4cby.com or center4cby.com.

Childbirth and Breastfeeding Classes through Indigo Forest • For the complete schedule, call 994-8010 or visitindigo.com.

Children & Young Adults

Tea with the Fairies at Crazy Wisdom Tea Room • Feb. 25 with seatings at 1 p.m. and 4 p.m.; Mother's Day, May 9 with one seating at 1 p.m. • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be story time read from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! \$10.50 per person. Tickets available by stopping in to Crazy Wisdom or by phoning prior to event. Babies 18 months and younger free. For information, call 665-2757, lily@crazywisdom.net.

Family Art and Story Mornings with Allen Creek Preschool Teachers • Jan. 15, Feb. 12, April 2; 10-11 a.m. • Family Art will offer the chance for you and your child to work together to explore a variety of art materials and create special memories. Families have an opportunity to explore each of our three classrooms to play and participate in creative art projects. Free and open to community. Call Constance at 358-7063, constance@allencreek.org.

Dance and Drum Classes for Children at Tree of Life Studio • Jan. 4-Mar. 27 • \$12 drop-in or \$120 for 12-week session. May be pro-rated. Classes for teens and adults listed under Dance & Movement section. For more information, call 433-0697, treeoflifestudio.org.

African Dance for Ages 7-12 with Jenabah Giacomelli • Mondays, 5 p.m.
Tap for Ages 6-12 with Cheri Sing • Tuesdays, 4 p.m.
Hand Drumming for Ages 8-12 with Sundance DiDomenico • Tuesdays, 4 p.m.
Tumble-n-Twist for Ages 2-4 with Cheri Sing • Wednesdays, 10 a.m. and Saturdays, 9 a.m.
Tap and Jazz for Ages 4-6 with Cheri Sing • Wednesdays, 4 p.m.
Jazz II Intermediate for Ages 8-12 with Jenabah Giacomelli Wednesdays, 6 p.m.
Capoeira for Ages 6-12 with Van Robinson (Manhoso) • Thursdays, 4 p.m.

BollyFit Kids at the Mind, Body + Spirit Academe with Certified BollyFit Kids Guide • Six Tuesdays starting Jan. 26 and Mar. 16, 4:30-5 p.m. • Awaken to BollyFit Kids, where hearts pump to the energizing music of Bollywood and beyond and your sweet peas learn a dance number synthesizing traditional and modern steps. Cultural connections around the world are reinforced through fun visual aids. \$59 each session or \$99 for combined sessions. Call Anuja at 657-6680, info@bollyfit.com.

BollyFit Girls Twirl for Ages Nine and Up at the Mind, Body + Spirit Academe with Anuja Rajendra • Tuesdays starting Feb. 2, 5:10-5:55 p.m. • Dance to energizing music and learn artistic elements from Bollywood, Classical and Bhangra styles. A spiritual thread is seamlessly woven in to increase presence through dance. Learn a complete number, enjoy a creative outlet to express in an accepting and positive environment, and help build strong confidence. \$59 each session or \$99 for combined sessions. Call Anuja at 657-6680, info@bollyfit.com.

Music Together with Robin Robinson at Mind, Body + Spirit Academe • This early childhood music program is for infants, toddlers, preschoolers, and the adults who love them. Registration includes twelve 45-minute classes, a songbook, and cd. For dates, times, and cost, call 929-2133, robinsongs@mac.com.

Baby and You! with Gari Stein • Tuesdays, Jan. 19-April 13; 12:30 p.m. • Music and movement for infants and the grown-ups who love them. A warm, gentle, nurturing environment to learn methods and activities that help nourish brain development, turn cranky to calm, and enhance the adult-child bond. \$150 includes two cds. Call 741-1510, little-folks-music.com.

Sing with Me! with Gari Stein • Tuesdays or Wednesdays, Jan. 12-April 15; 9:15 or 10:45 a.m. • Musical enrichment for children birth to five and the grown-ups who love them. Together, we will sing, chant, bounce, folk dance, play instruments, share hugs, and more. A research-based program that enhances development, learning, listening, and literacy. \$196 includes four cds. Call 741-1510, little-folks-music.com.

Music, Movement, and Make-Believe for Ages 3 1/2 to 5 with Gari Stein • Wednesdays, Jan. 19-Mar. 30; 12:45-2:30 p.m. • Girls and boys explore elements of music, movement, drama, literature, dance, and art. Activities are designed to stimulate creativity, imagination, and self-expression. Dynamic small group enhances listening and social skills. \$200 includes materials. Call 741-1510, little-folks-music.com.

Nature Awareness and Wilderness Living Skills for Ages 8-12: Springtime After-School Series with Frank Levey • Wednesdays or Thursdays, Mar. 17-May 13; 4-6 p.m. • Designed to promote an increased sense of ease, strength, and joy in the lives of young people, this program explores our interconnectedness with nature. The development of living skills, including fire and shelter building and food and water gathering, empowers us towards living safely and harmoniously on the planet. \$225 with no one refused for financial reasons. Contact frank@awakenedbreath.net.

Yoga Story Time with Sondra O'Donnell of Sun Moon Yoga • Jan. 23 and Mar. 6, 1-2 p.m. • For all ages, we will read stories from traditional works such as the *Ramayana*, *Mahabharata*, and *Srimad Bhagavatam*. Free. Call 929-0274, sun-moon-yoga.com.

Colors in the Classroom and Much More with Jennifer Flowers • Feb. 15, 6:30-8 p.m. • This class is designed for teachers, educators, and anyone passionate about empowering our children. In this interactive class, we will use imagery, body positioning, color, and thought patterns to create desired results within minutes. Experience how applying these concepts can make us physically stronger, assist with test anxiety, and improve self-esteem and grades. Space is limited. \$45 includes manual. Call 734-416-5200, info@bodyworkshealingcenter.com.

Reiki Kids with Jennifer Flowers • April 25, 10-4 • In this hands-on class, you will learn techniques to heal yourself as well as others. After receiving an attunement, you will practice giving Reiki to pets, plants, and food. You will also learn fun ways to feel and increase your own energy field and explore your chakra system. \$89 includes supplies and manual. Call 734-416-5200, info@bodyworkshealingcenter.com.

Youth Karate with Barb Christensen at Mind, Body + Spirit Academe • Tuesdays, 6-8 p.m. and Thursdays, 4-6 p.m. • The art of karate has been passed from generation to generation through oral tradition and hand to hand teaching. The Okinawan Karate Club of Ann Arbor is a group dedicated to the teaching of Grandmaster Eizo Shimabukuro's Karate, Kobudo, and Jujitsu. For cost, call 665-2840, BLChristensen@earthlink.net.

Chronic Illness

Imagine Health: Using "Dis-Ease" as a Catalyst for Positive Transformation with Kristi Davis • Thursdays, Feb. 18-April 1; 1:15-3:45 p.m. • Imagine Health is a creative, holistic, therapeutic group process designed for people with chronic illness who desire to use their physical challenges as a way to transform their life. Participants will engage in drama exercises, art, writing, movement, and guided imagery meditations to explore the body's messages, core mental/emotional issues, grief and loss, and avenues for healing. We will imagine and "become" the healthy self we aspire to be. \$245 plus \$25 for workbook. Call 253-2650, kristi@creativespirithealing.com or creativespirithealing.com.

Health Rhythms for Chronic Disease with Don Allen • Wednesdays, Jan. 6-Feb. 10; 7-8:30 p.m. • Create a method of dealing with disease on an emotional and spiritual level. Explore alternatives to waging war on your illness and find a place of peace and healing within. \$120 for six sessions. Call 480-1219, don@drum4wellness.net or drum4wellness.net.

Course in Miracles

A Course in Miracles Study Group with Rev. David Bell • Mondays, 6:45-8:15 p.m. • All are invited to join a group reading and discussion of the seminal metaphysical book, *A Course in Miracles*. Includes study materials and text. Donations accepted. Call 327-0270, dave@interfaithspirit.org.

Creativity

Fearless Creativity with Shaje Kalaj • Eight Tuesdays: Feb. 9-March 30 or April 20-June 8, 7-9 p.m. • For writers, visual artists, musicians, actors, and creators in any field. This group is about a dialogue that moves us to an elevated production and experience of our art form. We will use Eric Maisel's book, *Fearless Creating*, as the basis of this class. \$195. Call 734-634-8117, imshacha@me.com or artandideasgallery.com.

Crystals

Practical Crystal Healing Seminar with Nicole Lanning • Jan. 9, 2-4 p.m. at Crazy Wisdom Community Room • Topics from Nicole's book will include crystal cleansing, charging, money, love, health, and much more. \$75. Call 419-344-9457, healingartforms@aol.com or healingartforms.com/seminars.htm.

The Crazy Wisdom Calendar will be posted online starting January 1, 2010, at crazywisdom.net.



Kristi Davis received her M.A. in Transpersonal Drama Therapy Studies with a specialization in Psychoneuroimmunology. She is a Registered Drama Therapist candidate and a Holistic Health Educator. She is offering a class entitled "Imagine Health: Using 'Dis-ease' as a Catalyst for Positive Transformation", which can be found in the Chronic Illness section.

Atlantean Crystal Healing and Meditation Night with Judy Shepard at Lighthouse Center • Second Wednesday of each month, 7:30-9 p.m. • A night to clear, heal, and regenerate. Guided meditation into silence with energy healing. \$20 suggested donation. Call 810-599-8855, judy@amiracletoday.com.

Dance & Movement

BollyFit Kids at the Mind, Body + Spirit Academe with Certified BollyFit Kids Guide • Six Tuesdays starting Jan. 26 and Mar. 16, 4:30-5 p.m. • For complete description, please see listing under Children & Young Adults. Call Anuja at 657-6680, info@bollyfit.com.

BollyFit Girls Twirl for Ages Nine and Up at the Mind, Body + Spirit Academe with Anuja Rajendra • Tuesdays starting Feb. 2, 5:10-5:55 p.m. • For complete description, please see listing under Children & Young Adults. Call Anuja at 657-6680, info@bollyfit.com.

Movement Made Easy with Brenda Jo Domsle • Feb. 3 • Learn two distinct ways to increase physical activity in your life without the use of expensive gyms or bulky equipment. Free. For times, call 434-9385, brendajo@andreabrisson.com.

Jacki's Aerobic Dance with Pam Gee through Mind, Body + Spirit Academe • Mondays and Wednesdays, 5-6 p.m. and Thursdays, 3-4 p.m. • This class is for all ages, shapes, and sizes. Jacki's offers all three criteria of fitness: stretching and flexibility, muscle toning and strengthening, and a cardiovascular workout. Choreographed with dance steps. For cost, call 668-7260, dpall_gee@yahoo.com.

Friday Night Swing with Ann Arbor Swing Dance Association through Mind, Body + Spirit Academe • Fridays, 7-Midnight • The Friday Night Swing Dance Party includes a free beginner lesson at 8 p.m., which covers the swing basics and another dance move every week, and then open dancing at 8:45 p.m. featuring two different swing djs every week. Dance styles include lindy hop, east coast swing, charleston, blues, and balboa. Very beginner friendly! \$5. Contact Jeffery at ziembajr@yahoo.com.

The Crazy Wisdom Calendar

Dance & Movement (continued)

Waltz/Rumba Group Dance with Natalia Vail through Mind, Body + Spirit Academe • Saturdays, 4-5 p.m. • Group classes allow students to learn new steps with a variety of different partners in a fun, social atmosphere. Both singles and couples are welcome to attend. We rotate partners throughout the class to give everyone the opportunity to dance with different partners and make new friends. \$10 per lesson. Call 478-2233, natalia.vail@yahoo.com.

Tango/Swing Group Dance with Natalia Vail through Mind, Body + Spirit Academe • Saturdays, 5-6 p.m. • See above description. \$10 per lesson. Call 478-2233, natalia.vail@yahoo.com.

BollyFit at the Mind, Body + Spirit Academe with Anuja Rajendra • Mondays and Thursdays, 7:15-8:15 p.m. • Do you dream of fitness that is like a spa experience you look forward to? Check out the new wave in health and fun that unleashes energy and fitness! BollyFit combines elements from Indian “film dances” with classical and folk styles in a dynamic, aerobic dance workout. No dance experience necessary. For cost, call Anuja at 657-6680, anjua@bollyfit.com.

International Dances of Universal Peace with Judy Trautman • First Fridays, 7-9 p.m. at Friends Meeting House • The dances are simple folk steps to the mantras of all the world’s faith traditions. No experience or partner required. The dances were invented by Sufi Samuel Lewis in the 1960’s. \$5 donation. Call 419-475-6535, <http://peacedance.multifaithjourneys.org/>.

Dreaming A Place: Environmental Dance and Movement Meditation with Irena Nagler • Mar. 21, 2:30 p.m. and April 18, 3:30 p.m. • We will explore and celebrate the sense of place, allowing its elements to speak through us in dance and movement. No experience necessary. \$5-\$20 sliding scale. Call 996-1772, birena@umich.edu or twofeather.com/nightfire.

Yoga Meets Dance with Natasha Schaffer • Mondays, 7-8:15 p.m. • Transformational dance fun for all levels, shapes, and sizes. Gentle yoga, free and guided dance, humor, community building, and meditation. Stretch, move, groove, then melt into deep rest. \$12. Call 239-3174, info@yogameetsdanceannarbor.com or yogameetsdanceannarbor.com.

West African Dance Class with Dori Edwards • Ongoing Thursdays, 5:30-7 p.m. • Great exercise, fun community, and live drumming. Learn movements from Guinea, West Africa. \$15. Call 320-2763, ravenrhythms@hotmail.com or dreamsofisis.com.

Continuum Movement: The Shape of Love with Robin Becker • Introduction on April 30, 6:30-9:30 p.m.; Workshop on May 1-2, 10-5 each day • Experience a rich exploration into your own presence through Continuum Movement. Through the sensations of the body, we experience life and the roots of compassion and empathy reside in these messages of sensation. When we lose relationship with our bodies, our engagement and relationship with the larger world is diminished. Safe for all mobility levels and offers a process in which to explore the message of sensation through the resonance of fluid systems in the body. \$40 Introduction and \$250 Workshop with early payment discount available. Call Elaine at 255-9110, michigancontinuum@gmail.com.

Authentic Movement Winter Class Series with Stefanie Cohen • Mondays, Jan. 11-April 26; 7:30-10 p.m. • Authentic Movement is a contemplative movement practice that engages us with artistic creativity, bodily awareness, and personal insight. As movers and witnesses, we give our full attention and create a safe and respectful space for exploration. \$180-\$275 sliding scale. Call 474-1517, stefanieco@hotmail.com or <http://www.crazywisdom.net/communityjournal/?p=364>.

Dance Classes for Children at Tree of Life Studio • Jan. 4-Mar. 27 • \$12 drop-in or \$120 for 12-week session. Complete classes for children listed under Children & Young Adults section. For more information, call 433-0697, treeoflifestudio.org.

Dance Classes for Adults and Teens at Tree of Life Studio • Jan. 4-Mar. 27 • \$12 drop-in or \$120 for 12-week session. May be pro-rated. For class descriptions, call 433-0697, treeoflifestudio.org.
African Dance with Jenabah Giacomelli • Mondays, 6 p.m.
Tribal Belly 102 Combinations with Cheri Sing • Tuesdays, 6:30 p.m.
Jazz I with Jaclyn Morrow • Wednesdays, 5 p.m.
Tribal Belly with Cheri Sing • Wednesdays, 7 p.m.
Capoeira with Van Robinson (Manhoso) • Thursdays, 5 p.m.
Sassy-frass with Jenabah Giacomelli for ages 18 and older • Thursdays, 6:30 p.m.
Tribal Belly 103 Refinement with Jenabah Giacomelli • Thursdays, 7:30 p.m.
Zumba with Jane Helzer • Saturdays, 10 a.m.
Afro-Modern with Jenabah Giacomelli • Saturdays, 11 a.m.
Jazz/Hip Hop with Jenabah Giacomelli • Saturdays, Noon

Drumming

Drumcommunity Circles hosted by Lori Fithian • Jan. 14, Feb. 16, Mar. 16, April 14; 7-9 p.m. at Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join in the circle. No experience necessary. Drums available. Free. Call 426-7818, lorifithian@mac.com.

Hand Drumming for Ages 8-12 with Sundance DiDomenico at Tree of Life Studio • Jan. 4-Mar. 27, Tuesdays at 4 p.m. • \$12 drop-in or \$120 for 12-week session. May be pro-rated. For more information, call 433-0697, treeoflifestudio.org.

The greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances.

- Martha Washington

Hand Drumming for Adults and Teens with Sundance DiDomenico at Tree of Life Studio • Jan. 4-Mar. 27, Tuesdays at 7:30 p.m. • Harmonious repetition of natural rhythms creates healing energy and puts us in touch with ourselves and the world around us. Through rhythmic exploration, you will learn basic hand drum techniques and other percussion instruments. Students will be taught traditional drum rhythms from around the globe as well as how to listen and improvise within the structure created. \$12 drop-in or \$120 for 12-week session. May be pro-rated. Call 433-0697, treeoflifestudio.org.

Community Drum Jam at Tree of Life Studio • Jan. 22, Feb. 26, Mar. 26, April 23; 8-11 p.m. • A drum circle for all! Feel the pulse at Tree of Life once a month while we build community through rhythm, song, and dance. Bring your own drum or use one of ours. Free. Call 433-0697, treeoflifestudio.org.

Drumming Circle with Rev. Kristyne Lemerand • Second Friday of each month, 7-9 p.m. • Awaken your playful spirit, reduce tension and stress, and enhance your awareness of how sound can create peace and harmony. \$10-\$20 per session. Call River House at 734-240-5494, riverhouse@ihmsisters.org or ihmsisters.org.

Drum 4 Wellness Circle with Don Allen • Jan. 2, Feb. 6, Mar. 6, April 3; 7:30-9 p.m. • Facilitated community drum circle. Bring your own or use a drum provided. \$5 donation. Call 480-1219, don@drum4wellness.net.

Community Drum Circle hosted by Curtis Glatter of Body-Mind-Spirit Wellness Center • Jan. 24, Feb. 22, Mar. 22, April 26; 5-6 p.m. • No experience necessary. All ages welcome. Free. Contact myspace.com/curtisglatter.

Energy Healing

Chi Kung (Qigong): Chinese Yoga with Wasentha Young • Jan. 5-April 20: Tuesdays, 6-7:15 p.m. • Chi Kung is a Chinese approach and practice that focuses on the relationship of (chi) energy and health. This class will focus on the fundamental styles of Chi Kung: imagery and movement, Chinese Yoga, and traditional Chinese medicine through learning the Wild Goose Chi Kung Form. Students will also begin to learn to sense their own energy as well as others while engaging in “soft chi” exercises. \$180. Call Peaceful Dragon School at 741-0695, peacefuldragonschool.com.

Learn the Emotional Freedom Technique with Melanie Fuscaldo • Part 1: Jan. 8, Noon-1:30; Part 2: Jan. 15, Noon-1:30 • Learn a powerful tool you can use at any time to release blockages to health, career, abundance, relationships, retirement, and more. It has unlimited potential to release what is not life enhancing (fears, emotions, trauma, depression, negative thinking, disease) and increase whatever you choose to add joy to your life. As you experience reduced internal conflict, you can reduce your suffering and increase your peace. \$30 per session. Contact melaniefuscaldo.com.

Quantum Touch with Cathleen Francois through Ann Arbor Institute of Massage Therapy • Feb 6-7, 9-5 each day • Quantum Touch is rooted in energy work and helps with burn victims, cancer patients, the elderly, infants, and more. This work can be seamlessly combined with any modality and will transform your practice. Quantum Touch provides healing bioenergy for the practitioner as well as for the person seeking great health. Open to all. \$295. Call 677-4430, fax 677-4520, info@aaimt.edu or quantumtouch.com.

Healing Touch Certificate Program Level 1 with Barbara McConnell • Jan. 30-31 or Mar. 6-7; 8-6 each day • Healing Touch can be used to complement traditional health care. Students use their hands with light or near-body touch to help clear, balance, and energize the human energy system to promote healing for the mind, body, and spirit. It is based on a heart-centered caring for others. \$250 plus \$25 materials fee. Call 517-914-4133, mcconb51@bigplanet.com.

Healing Touch Certificate Program Level 4 with Deborah Larrimore • April 15-18 • This level prepares the student to become a Healing Touch Practitioner. \$425 plus \$25 materials fee. For times, call Barb at 517-914-4133, mcconb51@bigplanet.com.

Healing Touch Certificate Program Level 5 with Diane Wind Wardell • April 15-18 • This level completes the certificate program of Healing Touch Practitioner, and prepares the student for National Certification as a Certified Healing Touch Practitioner. \$425 plus \$25 materials fee. For times, call Barb at 517-914-4133, mcconb51@bigplanet.com.

Esoteric Healing Level One with Laurie Akerros • Jan. 29-31 or Mar. 5-7, 9-5 daily • In this three-day workshop, students will learn to palpate and assess, then to balance the human energy field with sensitivity and awareness in order to create conditions for optimal healing and wellness for clients, friends, family, and healing self. We will work with the physical, etheric, emotional, mental, soul, and spirit aspects of the auric field. \$395. Call 255-2677, lakerros@hotmail.com.

Introduction to the Planetary Rays with Aarti Meg Graff • Tuesdays, Mar. 9-April 13; 7-9:30 p.m. • Introducing Rays 1-4 from Theosophical and Esoteric Healing perspectives. Each class will include a short lecture on theory, followed by guided imagery using the Millennium Tapes, "Transforming with Divine Will" series, and ending with a guided group meditation. \$75. Call 517-404-1631, graffhome@yahoo.com.

Enneagram

The Enneagram: An Introductory Evening with Su Hansen • Jan. 7 and Mar. 4, 7-8:30 p.m. at Crazy Wisdom Community Room • Learn about this ancient dynamic personality system that describes nine distinct, interrelated patterns of attention, thought motivation, and behavior. Learn how to integrate this understanding into your current personal and spiritual growth practices and into your life to open to greater compassion for self and others and free your constricted energy. \$5-\$10. Call 417-8397, su@enneagramcenterofannarbor.com.

Enneagram: Relaxation of Type with Su Hansen • Seven Weeks starting Jan. 12, 7:30-9 p.m. • See above description of Enneagram. Classes will use basic teachings, meditation, and exercises to enliven our learning. \$84. Call 417-8397, su@enneagramcenterofannarbor.com.

Enneagram Circle: Discovering, Balancing, and Transforming the Energy of Your Type with Bill Schafer and Alice Mixer • Jan. 15, 6-9 p.m. and Jan. 16, 9-5 p.m. or April 23 and 24 • A Daoist approach to the Enneagram in which you will not only explore your personality type more deeply, but also learn how to reclaim your original life energy that is free of type. This first of four sessions, which can also be taken alone, focuses on the three centers of intelligence. It is designed for people interested in spiritual growth, therapists, spiritual advisors, coaches, and mentors who are reasonably sure of their Enneagram type. \$120. Call Su at 417-8397, su@enneagramcenterofannarbor.com.

European History

Life in the Middle Ages with Barony of Cynnabar • Sundays, Noon-4 • Learn about historical singing, dancing, clothing, Medieval martial arts, and fencing. Free. Contact chatelaine@cynnabar.org or cynnabar.org.

Exhibits

Dream Seeding for Compassionate Communities: All Ages Art Show with Christopher Bednash and Debs Co-op • Mar. 2-26 at the Michigan Union in Ann Arbor • Dream Seeding Art Show will feature art in a wide variety of media that somehow helps us to see that a more compassionate, peaceful, and ecologically healthy community and world can be created. We are seeking submissions until Feb. 14 and will have a public reception Mar. 20. Contact info@dreamseeding.org or dreamseeding.org.

The Tibetan Series Exhibit with Ruth Pasquine • Mar. 24, 4-8 p.m. at Crazy Wisdom Community Room • Exhibit and sale of paintings, pastels, and prints depicting Tibetan Buddhist deities by Ruth Pasquine. No charge. Call 501-372-0442, RPasquine@aol.com or ruthpasquine.com.

Art Exhibitions at the University of Michigan Museum of Art • Free. For more information, call 764-0395, umma.umich.edu.
Through Jan. 17 • The Image Wrought: Historical Photographic Approaches in the Digital Age
Through Mar. 14 • The Eye of the Beholder: European Drawings and Prints from the Pulgram-McSparran Collection
Jan. 16-April 11 • Umma Projects: Cory Arcangel concerning the forms and processes of digital media and culture

Jan. 23-April 18 • Tradition Transformed: Chang Ku-nien, Master Chinese Painter of the 20th Century

Jan. 30-May 2 • An Economy of Means: The Dorothy and Herbert Vogel Collection

Fairs & Festivals

Second Annual Natural Health Fair at the Rudolf Steiner High School • Mar. 13, 9:30-4:30 • Come for an hour or all day. Attend free mini seminars, purchase natural health products, and talk with local educators, practitioners, and vendors. \$5 suggested donation. Contact awalton@steinerschool.org. For a presenter schedule or to register as a vendor, contact steinerschool.org.

Toledo Body, Mind, Spirit Festival • April 10, 10-6 p.m. and April 11, 10-5 p.m. • Free admission, free parking, free lectures and classes, and over 10,000 square feet of vendors, including aura photography, jewelry, artwork, tarot readers, astrology, massage, and aromatherapy. Call Mr. Harris at 734-274-2840, bmsfestival@aol.com or ToledoBodyMindSpiritFestival.com.

Film

Films and Discussion at Jewel Heart • Fridays, 7 p.m. • Once a month, Jewel Heart hosts an evening of entertainment with a free film followed by a group discussion. Bring your friends and join us for a movie, a concession stand, and lots of fun conversation about the film. Free film with concessions available. Call 994-3387, jewelheart.org.
Jan. 29 • Doing Time, Doing Vipassana hosted by Akiko Yamada
Mar. 26 • What the Bleep Do We Know? hosted by Mary Dodich
April 30 • Departures hosted by Rory Russell

Flower Essences

Introduction to Bach Flower Remedies with Laurie Akerros • April 10-11, 9-5 daily • This class will cover the history and an in-depth study of each of the 38 Bach Flower Remedies. Students will learn how to evaluate when a particular remedy might be helpful for emotional, mental, and spiritual issues and how to properly mix and prepare remedies. Each student will leave with their own unique remedy combination and a new skill to help clients, friends, and family. \$180. Call 255-2677, lakerros@hotmail.com.

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The Crazy Wisdom Calendar



Questions for Janene Ternes about *Prayer in Motion*

Bill Zirinsky: *Janene, please tell us in simple terms about Prayer in Motion?*

Janene Ternes: Prayer in Motion is really about helping people open their hearts to God through the use of music and everyday movements. By praying with their whole self -- body, mind and spirit -- people find themselves more focused and emotionally connected in their prayer. Because of this engagement, movement prayer is healing, empowering and inspiring.

BZ: *Are you drawn to sacred dance movements and rituals from a variety of traditions?*

Janene Ternes: I don't think of the movements that I use as from a

specific tradition. I am drawn to the movements that allow me, and thus presumably others, to encounter a certain feeling that is the focus of the prayer experience -- such as movements that allow our bodies to feel open when we are praying for openness, movements that feel trusting and faith-filled when praying to be more trusting, joyful movements when praying for joy, etc. In a Prayer in Motion retreat I generally teach the participants the movements that embody these feelings to me, but I always encourage them to incorporate their own movements as they feel called.

BZ: *Prayer in Motion is not necessarily denominational, even though a good deal of your work thus far has been for Christian organizations. Is that correct?*

Ternes: Prayer in Motion is not denominational although my basis stems from Christianity, since that is what I know and practice. I have had some Jews and Muslims participate in my programs and they have been very moved by them. The more I learn of all the religions, the more I see the similarities. I believe we do all worship the same God; there are just many different forms of doing so. Just as my prayer form may be very different from what many have experienced in traditional religious practices.

BZ: *And you are also doing programs for other organizations and groups, yes?*

Ternes: I have done a few programs at the American Business Women's Association regional conferences in Grand Rapids and New Jersey, and at Alcohol Anonymous Retreats. Those programs were very open to include all beliefs since participants came from a wide variety of faiths.

BZ: *I saw that you have done dance and movement prayer work with people in wheelchairs? Please tell us about that, and what was most meaningful for you about that work.*

Janene Ternes: Each time I am blessed to be with those who have what some may call physical limitations, I am amazed at how God works through this form of prayer. This summer I presented at a retreat for a group of cognitively and physically challenged people, and remember the brilliant smile of a young lady with cerebral palsy, crippled over in her power wheelchair, only able to raise her head and move one hand. She beamed at me as she held her head high and moved the one part of her body that functioned. She was unable to speak but her eyes spoke volumes to me of her experience of God's love. Another amazing encounter was with an elderly retired priest who had suffered a stroke and was unable to move the left side of his body. As he moved the right side, I noticed tears streaming down that side of his face. He came up to me afterwards to thank me, saying that in all his years of being a priest he had never encountered Christ like he had just then. It's times like these that make all the sacrifices worth it.

BZ: *And you have done prayer in motion work related to the theme of grief. Please tell us about that.*

Herbs, Plants & the Garden

Herbal Remedies and Wisdom Series with Linda Diane Feldt at Crazy Wisdom Community Room, sponsored by People's Food Co-op • 7-8:30 p.m. each evening • Free. For registration and information, call Kevin Sharp at 994-4589, info@peoples-food.coop or peoplesfood.coop.

Jan. 28 • Cancer and Heart Disease: A Sensible Herbal Approach • We'll talk a lot about prevention, but also what to do if these are health concerns you are dealing with. We'll also cover how to sort out the wild claims from good products and therapies.

Feb. 25 • Wildcrafting: There IS a Free Lunch! • What you need to know and what you need to do to forage and wild harvest for food and herbal medicine. You will learn resources, ideas, places, and tools to gather food and herbs. Get a lot of inspiration for the months ahead, where there will be an abundance of opportunities to wildcraft.

April 22 • Herbal First Aid Kit • For description, please contact Kevin at 994-4589.

Seven Saturdays of Herbal Studies: Field ID and Wild Edibles with Gaia School of Herbal Studies • Starting Mar. 27 • Entering our sixth season of herbal study and education, these days offer practical, hands-on experiences amid 800 private acres of wild land and cultivated gardens. \$200 each day or \$900 for entire series. For times and dates, call 769-7794, gaiaherbalstudies.net.

The Crazy Wisdom Calendar will be posted online starting January 1, 2010, at crazywisdom.net.

Plant Spirit Medicine: Working with Plant Consciousness • Meets monthly; first class Jan. 30, 10-4:30 p.m. • Part of the Indigenous Self Apprenticeship Program. This is a journey of consciousness that will teach you how to directly engage with plant consciousness to develop and increase your intimacy with plants and nature so that you can access and use skillfully their healing gifts and wisdom. Includes packet of information and resource each month, as well as class time. \$90 each month. Call 975-8754, BronWild@gmail.com.

Holistic Health

Natural Approaches to Depression and Related Moods with Gaia Kile at Crazy Wisdom Community Room, sponsored by People's Food Co-op • Feb. 23, 7-8:30 p.m. • We will discuss natural ways of addressing depression, anxiety, and related mental health issues, with a holistic emphasis on micronutrients and mind/body strategies. Free. For registration and information, call Kevin Sharp at 994-4589, info@peoples-food.coop or peoplesfood.coop.

Chronic Fatigue with Andrea Brisson • Jan. 11 • Understand the underlying causes of chronic fatigue and what you can do to claim your life again! Free. For times, call Lifeforce Wellness Centre at 434-9835, andreabrisson.com.

Vaccination: An Informed Choice with Andrea Brisson • Feb. 1 • Join us to find out the answers to these important vaccination benefits: Are vaccines safe? Effective? Necessary? Free. For times, call Lifeforce Wellness Centre at 434-9835, brendajo@andreabrisson.com.

Janene Ternes: I believe we are called to minister out of our own painful experiences. Part of the redeeming aspect of that hurt is being able to help others through it. Because I suffered such grief in the death of my husband at the age of 45, I really felt God calling me to minister out of that deep grief to others. In my “Moving through Grief” sessions I literally walked many who had lost significant loved ones including spouses, children, and others, through the process of remembering their loved ones, acknowledging their losses and letting them go in a physical, tangible way, laying down their hurt and pain. After releasing some of the pain, they were freed to pick up the gifts they had received from these loved ones and allow the healing to continue.

BZ: *And you also have done programs with groups of children. Children move and dance a lot anyhow. What kind of feedback do you get from children who engage with this work?*

Ternes: Children are great fun to work with! The little ones are so free with their bodies. They enjoy creating their own prayer and only need to be introduced to the idea and turned loose. As children age, they become more self-conscious and look for more direction. By following the movements I teach them, they are able to physically act out their prayers, taking an abstract concept and making it concrete. I use Christian rock and hip/hop music to bring movement prayer to teens. It is amazing to watch them internalize a concept such as making good choices, as they turn towards the cross when “good” choices are made in the words of the song, and away from the cross when “bad” choices are made. In very short order they understand the idea that every choice matters, not just the presumably life-changing ones such as college, career or spouse. They get the idea better in a few short minutes of movement prayer than years of being preached at about making good choices.

BZ: *Have you always loved dance and movement? When you were a child, did you find yourself sometimes dancing in front of the mirror?*

Ternes: Yes, I always loved music and movement. As a child I wanted to take dance lessons but that was not an option for me in my family. I would watch people dancing on television and envision myself there. I was pretty shy as a child but would dance when I thought no one was watching. And in my dreams I was always a beautiful ballerina.

BZ: *Can you name for us two or three of your favorite CDs that contain sacred and prayerful music?*

Ternes: That is a difficult question because I love so many songs, they speak to me in so many different ways and the songs change over time. The song which first called me back to God, out of my grief and eventually to this ministry is “You are Mine” by David Haas. Through it I first experienced God’s love for me as real and personal. The song that really calls to me right now is “While I’m Waiting” by John Waller, from the movie *Fireproof*. It speaks to me of how we often find ourselves waiting on God – when things are not going according to our plan or in our timeframe. This is where most of us spend most of our time and how we spend it really

determines our quality of life. I find great hope and comfort in this song.

BZ: *Janene, anything else you’d like to share with us?*

Ternes: I am very excited to be doing my first workshop at Crazy Wisdom on February 27th. The focus of the retreat day will be on forgiveness, something that so many of us struggle with. I will take people through an experiential path of prayer, journaling and movement to help them physically, emotionally and spiritually let go of whatever is holding them. With forgiveness comes true freedom, something I wish for everyone.

BZ: *Thank you, Janene.*

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(Janene Ternes can be reached at 734-429-7754. Her website is: www.prayer-in-motion.com)

Weight Loss with Dan Geck • Jan. 14 • There are barriers to weight loss that will override diet and exercise. Learn to identify and handle these barriers. Free. For times, call Brenda Jo at 434-9835, brendajo@andreabrisson.com.

Hypothyroid with Dan Geck • Feb. 4 • Learn what must be done to find the underlying cause of hormonal imbalances to allow your thyroid gland to finally kick back into gear. Free. For times, call Brenda Jo at 434-9835, brendajo@andreabrisson.com.

Anthroposophic Inpatient Therapeutic Session with Molly McMullen-Laird and Quentin McMullen at Rudolf Steiner Health Center • Feb. 22-Mar. 6 • Anthroposophic medical care including Eurythmy therapy, art therapy, speech formation therapy, nutritional counseling, rhythmical massage, and treatment of chronic illness. For complete information, call 663-4365, steinerhealth.org.

Hypnosis

Hypnosis for the Health of It with Eileen Bond • Jan. 24, 3-4:30 p.m. • This workshop will focus on therapeutic uses of clinical hypnosis for stress management, IBS, performance anxiety, and spiritual growth. \$25. Contact efebond@yahoo.com or heart-2heartpsychotherapy.com.

Infant Massage

Infant and Baby Massage Classes with Ann Zalek • Four Mondays: Jan. 18-Feb. 8 or April 19-May 10, 2-3 p.m. • Parents and caregivers enjoy learning to massage their babies. Massage stroke sequences for each body area are introduced gradually throughout the four-session course. Learning infant massage helps parents have focused one-on-one time with their child and the benefits of daily massage are numerous. \$80 per family. Call 973-1014, info@lamazefamilycenter.org or lamazefamilycenter.org or TheraCare Massage and Healing Arts at 332-3800, ann@TheracareMassageTherapy.com.

Intuitive & Psychic Development

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to the questions and concerns within us. Sometimes we just need a little help finding them. Diane’s intention is to help you find the oracle that resides within you as she shares impressions, metaphors, and messages to be utilized as tools for self-insight. \$1 per minute. No appointment necessary. Call 327-9568, in-genius@comcast.net.

The Crazy Wisdom Calendar

Intuitive & Psychic Development (continued)

Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • First and Third Fridays of each month, 7-10 p.m. • Marcella offers guidance and healing using a variety of techniques ranging from intuitive readings to Tarot to Mana Card readings. Readings may include channeling on special issues, Reiki, past life readings, chakra balancing, and journeying. She also offers readings on pets involving remote viewing (your pet need not be present). \$1 per minute. No appointment necessary. Call 717-8513 or mpfox@umich.edu.

Getting In Touch with Your Intuition with Marcella Fox • April 17, 1-4 p.m. at Crazy Wisdom Community Room • You will learn everyday techniques that can help you connect to your intuition so that you can understand a deeper meaning behind experiences and start to improve your life in a big way. \$40. Call 717-8513 or mpfox@umich.edu.

Foundations in Psychic Development I with Donna Davison and Tiffany Mazurek • Feb. 7, 9-6 p.m. • We each have a bubble of spiritual energy within and around our bodies called the aura. This class hones our own perceptive skills as we learn easy yet powerful techniques for sensing, clearing, and repairing our chakras and aura. This clearing allows our energy to flow easily, releasing emotional, physical, and/or mental disturbances. This is a basic class in John Friedlander’s system. \$150. Call Donna at 218-0249 or ddavison0249@charter.net and Tiffany at 709-2096 or tiffany@sacred-healing.com.

Foundations in Psychic Development I: How to Perceive Your Aura and Chakras in Meditation with Violeta Viviano • Two-day weekend seminar or Six-session series • See above description. \$175 for weekend seminar or \$25 per session for six-week class. Call Violeta at 677-2761, violetaviviano@ameritech.net or psychicdevelopment.cc.

Foundations in Psychic Development: Level I-II Practice Sessions with John Friedlander • Jan. 12, Feb. 9, Mar. 9, April 13; 7-9 p.m. • Open to all students who have finished Level I or I and II. Class begins with a clearing meditation and includes new insights and deepening awareness. \$10. Call Violeta at 677-2761, psychicdevelopment.cc.

Foundations in Psychic Development II: The Clairvoyant Beauty of Creating Your Reality through Space and Wisdom with John Friedlander • Weekend TBA • We create our reality through our aura. What energies we hold in our aura create our reality. We will explore what conditions in the aura generate events in the physical world and how desires and ideas come to fuel specific outcomes so as to better direct our energies toward more pleasant, wiser outcomes. \$250. Call Violeta at 677-2761, violetaviviano@ameritech.net or psychicdevelopment.cc.

Foundations in Psychic Development III: Seeing Auras with John Friedlander • Weekend TBA • We will explore the psychic anatomy of clairvoyance, how to activate and empower this perception, and several ways to use this ability in making decisions, in healing oneself and others. We will move to actually do comprehensive, systematic psychic readings in partnership with other students. \$250. Call Violeta at 677-2761, violetaviviano@ameritech.net or psychicdevelopment.cc.

Foundations in Psychic Development III Reading Practice Sessions with Violeta Viviano • Jan. 27, Feb. 24, Mar. 24, April 28; 7-9 p.m. • Open to all students who have finished Level III. We continue to deepen our perceptive skills and clairvoyance by reading our own aura and that of others, which helps us clear our own space. \$10. Call Violeta at 677-2761, violetaviviano@ameritech.net or psychicdevelopment.cc.

Foundations in Psychic Development IV: Channeling with John Friedlander • Weekend TBA • Learn the clairvoyant mechanics of skillful channeling: how to prepare your space by running an ever clearer white light vibration while still owning and governing who and what occupies your space. This requires clearing psychic agreements, karma, and thought forms that distort both ordinary awareness and channeling. \$250. Call Violeta at 677-2761, violetaviviano@ameritech.net or psychicdevelopment.cc.

Spring Intensive 2010 John Friedlander • April 23, 7-9 p.m.; April 24, 9-6 p.m.; April 25, 9-3 p.m. • Twice a year, we have seminars in which we use a combination of channeled energy, the seminar’s group energy, and dedicated time to leap forward in our spiritual practice. These intensives are designed and led by guides John channels and they explore topics outside our core curriculum, such as possibly the nature and uses of Kundalini. \$275. Call Violeta at 677-2761, violetaviviano@ameritech.net or psychicdevelopment.cc.

The Nature of the Personality and Interpersonal Relationships with John Friedlander in Cincinnati, Ohio • Feb. 20-21 • To support our incarnation as individuals, a vast array of specific energies interact and combine. It is easy to lose focus, even as clairvoyants, of how these individual energies affect our lives, our growth, health, intimacy, and prosperity. We will sharpen our technical skills so that we can hone in on the specific energy components creating our lives and utilize them more skillfully with kindness and generosity. Level I prerequisite. \$250. For times, contact hemsherglo1@yahoo.com

Developing Your Intuition with Karlta Zarley • Four Wednesdays starting Feb. 10, 6-8:30 p.m. • This four-class series will explore the many issues around receiving, using, and trusting intuition and provides ample time for practice. \$200. Call 433-9333.

Heart Based Intuitive Development with Melanie Fuscaldo • Feb. 2, Noon-1:30 • Develop your intuition with heart based techniques to discover information about relationship, health, and spiritual goals. Explore inner purpose and career path. \$30. Contact melaniefuscaldo.com.

Get Intuit: Intuitive/Psychic Development with Shala Kilmer • Eight Tuesdays starting Jan. 12, 6:30-9 p.m. • Have you wondered why your intuition works so well sometimes and not so well in situations where you really need it? Get Intuit will introduce many techniques for tapping in. Results are immediate. \$198. Call 248-258-8287, intuitionpath.com.

Clairvoyant and Intuitive Development Seminars with Ray Golden of Center for Intuitive Health • Early registration discounts available. For more information, call 663-9724, intuitivehealth@aol.com or rayogoldenreiki.com.

Intuitive Awareness 1: Awareness and Intuitive Self Healing • Jan. 23-24, 10-5 each day • Learn simple, powerful techniques to begin to perceive, ground, and heal your psychic and emotional space, aura, and chakras. These tools allow you to do personal healing while developing your intuitive perception. Learn to clear others’ energies out of your field. \$189.

Intuitive Awareness 2: Deepening Awareness and Skills • Feb. 27-28, 10-5 each day • Continue to develop your intuitive perception, do personal healing, and learn to recognize and heal layers and boundaries of the aura and out of body chakras. Connect with one of your healing guides to communicate and do healing work. Prerequisite: Intuitive Awareness 1. \$199.

Intuitive Awareness 3: Putting It All Together • Saturday and Sunday TBA • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. \$199.

Love & Relationships

Creating a Conscious Relationship: Intro to Imago Relationship Therapy with Carole Kirby • Jan. 24, 2-4:30 p.m. at Crazy Wisdom Community Room • The Imago approach teaches people a new way to share, listen, and understand each other’s thoughts and feelings. It helps you discover what’s beneath your longstanding issues and what you can do differently. With new insights and practice, you can change your reactive, ineffectual behaviors into a force for compassion, healing, and growth. Free, but please pre-register. Call 424-2797, carole777@aol.com or therapy4couples.com.

To Raise Happy Kids, Put Your Partnership/Marriage First: A Follow-Up Workshop with Carole Kirby • Feb. 28, 2-4:30 p.m. at Crazy Wisdom Community Room • All parents want their kids to be happy and well-adjusted. But many couples go too far, letting everything revolve around their kids. This hurts the children and the partnership. In this workshop, you will be introduced to many of the ideas presented by David Code in his book, *To Raise Happy Kids, Put Your Marriage First*. Carole will demonstrate a way of talking and listening called the intentional dialogue that helps people really hear and understand each other. Everyone welcome! Free. To register, call 424-2797, carole777@aol.com or therapy4couples.com.

Discover A New Way to Love: A Weekend Workshop for Couples with Carole Kirby • Mar. 19-21 • This workshop is for you if you have relationship concerns, if you’ve been together five months or 23 years, doing okay or desperately need help. Spend a weekend rediscovering each other and learning a better way to relate. You can create a closer, stronger coupleship! All kinds of couples welcome. Based on the work of Dr. Harville Hendrix. \$600 per couple. For times, call 424-2797, carole777@aol.com or therapy4couples.com.

Embracing the Inner Family: Voice Dialogue, Psychology of the Aware Ego with Carole Kirby • April 18, 2-4:30 p.m. at Crazy Wisdom Community Room • Voice dialogue helps you identify the many selves or energies that inhabit our psyche. Each “self” or energy has its own personal history, emotional and physical reactions, and opinions on how we should run our lives. Come discover some of your inner family of selves. Based on the work of Drs. Hal and Sidra Stone. Free, but please pre-register. Call 424-2797, carole777@aol.com or therapy4couples.com.

Massage

Massage Therapy Program Informational Orientation at the Ann Arbor Institute of Massage Therapy with Sara Martens • Jan. 6, 6-7:30 p.m.; Jan. 22, 10-11:30 a.m.; Jan. 27, 6-7:30 p.m.; Feb. 4, 10-11:30 a.m.; Feb. 9, 6-7:30 p.m.; Feb. 18, 10-11:30 a.m.; Mar. 23, 6-7:30 p.m.; April 13, 10-11:30 a.m. • Are you interested in a massage therapy career but do not know where to start? Are you confused by all the different massage programs out there? Do you have questions about our school and what we have to offer you? Join us for our introductory meeting. Free. Call 677-4430 ext. 23, fax 677-4520 or info@aaimt.edu.

800 Hour Massage Therapy Program at the Ann Arbor Institute of Massage Therapy • AAIMT is dedicated to assist each student in achieving excellence in therapeutic skills, personal awareness, and the sensitivity needed for a successful and rewarding career in massage therapy. The program includes Anatomy and Physiology, Myofascial Therapy, Neuromuscular Therapy, Sports Massage, Shiatsu, Seated Massage, and various components and related approaches to therapeutic massage. Classes typically meet from 9 a.m.-5 p.m. each day and qualify for CE credits. The following class listings are abbreviated. For complete, detailed information, please call 677-4430 ext. 23, fax 677-4520 or info@aaimt.edu.
Neuromuscular Therapy II with Jocelyn Granger • Jan. 8-10 • \$350.
Intro to Thai Massage with Jennifer Giacomelli • Jan. 15-17 • \$465.
Neuromuscular Therapy III with Jocelyn Granger • Jan. 22-24 • \$350.
Sports Massage I with Jocelyn Granger • Jan. 30-31 • \$250.
Therapy Stones with Christy Zarek • Feb. 13-14 • \$330.
Anatomy and Palpation Workshop with Christia West • Feb. 26-28 • \$350.
Neuromuscular Therapy IV with Jocelyn Granger • Mar. 13-14 • \$250.
Myofascial Therapy I with Christia West • Mar. 19-21 • \$350.
Seated Massage with Christia West • Mar. 27 • \$150.
Myofascial Therapy II with Christia West • April 9-11 • \$350.
Professional Ethics for Cont-Ed with Christia West • April 16 • \$110.
Myofascial Therapy III with Christia West • April 23-25 • \$350.
Thai II Massage with Jennifer Giacomelli • April 30-May 2 • \$465.



Bellanina’s Facelift Massage Seminar with Nina Howard • Feb. 19-20 or April 21-23, 9-5 p.m. • CEU opportunity for massage therapists and healing arts professionals. Expand your business and turn your treatment room into a spa with this holistic, pampering treatment. 24 CEUs. \$995 plus Professional Treatment Kit. Call 800-235-2844 or 747-7661, operations@bellanina.com.
Thai Yoga Massage and Ayurveda with Nourishing Traditions • Feb. 14, 10-4 p.m. • Bring your friend or loved one to learn amazing and easy relaxation poses and discover your Ayurvedic constitutional type. We will explore the fundamentals of Thai Yoga Massage and Ayurveda, the concept of innate subtle energies, and life force. \$120 per person includes lunch. Call 213-0435, info@beinawe.com or beinawe.com.

Meditation

Weekly Meditation Session with Various Instructors • Thursdays, 7-8 p.m. • This class emphasizes the teaching of mindfulness, concentration, and loving kindness. Included are two 20-minute sittings, one guided and one silent. \$5. Call Lotus Center at 975-2745.

Standing Meditation with Dan Hoffman • Wednesdays, 7-8 p.m. • By working with our physical patterns in the body through Chinese qigong (energetic practice) of Zhan Zhuang (standing meditation), we can change our mental and emotional patterns as well. You can become more relaxed, balanced, and structured in your life just by working with this simple meditation technique. \$15. Call 734-416-5200 or info@bodyworkshealingcenter.com.

Meditation Foundation Class with Self Realization Meditation Healing Centre • Feb. 27 or April 24, 3-5 p.m. • Conquer stress, improve concentration, and find inner peace. Of value in all walks of life, this training helps you be in charge of how you feel physically, mentally, and emotionally. It takes only a few minutes to practice each day. \$40 includes refreshments. Call 517-641-6201, info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Pure Meditation Course including Raja-Kriya Yoga with Self Realization Meditation Healing Centre • Mar. 7-13 • Find the peace that passes all understanding with pure meditation. Learn tools to relax, focus, and regain mastery of your mind to ease away the layers of ego to reveal your True Self, lasting joy, and more! \$765 includes lodging and vegetarian meals. If you cannot afford the full fee, please contact us. Call 517-641-6201, info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Meditation and Chanting with Siddha Yoga Meditation Center of Ann Arbor • Thursdays, 7-8:30 p.m. • Join us for an evening of Siddha Yoga meditation and chanting. No charge for programs. Call 747-7116, symcannarbor@gmail.com.

Sunday Meditation Sessions at Jewel Heart • Jan. 3, 10, 17, Mar. 7, 21, 28, April 4, 11, 25; 8:45-9:45 a.m. • Help yourself through meditation. Facilitators provide basic guidance with multiple concentration meditation sessions using the breath as the point of focus. Open to all levels of experience. Free with donations welcome. Call 994-3387, jewelheart.org.

Sunday White Tara Meditation Sessions at Jewel Heart • Jan. 10, 17, Mar. 21, 28, April 4, 11, 25; 11:30-12:30 • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. Free with donations welcome. Call 994-3387, jewelheart.org.

Meditation is Easy with Shala Kilmer • Mondays, Jan. 11-25; 6:30-8 p.m. • If you want meditation to be easy, this is the class for you. You will get to try several almost effortless techniques so you can pick your favorite one to use outside of class. \$75. Call 248-258-8287, intuitionpath.com.

Meditation Classes through Deep Spring Center • Deep Spring Center, founded by Barbara Brodsky, aims to teach and help support Vipassana (Insight) Meditation practices. No specific religious beliefs are required. The following class descriptions have been shortened. For more complete information, please call 477-5848, info@deepspring.org or deepspring.org. Building fee listed with optional opportunity to offer dana to teachers.
Practice Intensive with Susan Weir and Lou Weir • Jan. 3-9, one to two hours each day • This week involves a commitment to start each morning with a group practice, with other practices included throughout the day, daily check-in with a partner, and sitting on your own in the evening. By donation. Call for times.
Meditation: Day of Practice with Carol Blotter • Feb. 6 and April 3, 9-4:30 • One-day retreat to enjoy deep meditation and experience support for your practice. \$30 donation per day.
Self Retreat for Experienced Students with Barbara Brodsky • Mar. 6-12 • Students meditate on their own throughout the day with an optional group sitting in the evening. \$500 includes lodging and meals.
Spring Vipassana Basics Retreat with David Lawson and Frank Levey • Mar. 19-21 • Designed for first-time participants, beginners, and anyone wanting the basics. \$180 includes lodging or \$130 commuter.
Healing Circle • Tuesdays, Noon-1 • We will offer and receive the loving touch of health and wellness. By donation.
Sunday Group Meditation with Susan Weir • 10-11:30 a.m. • Sitting meditation followed by mindful sharing. By donation.
(continued on the next page)

FREE!
Workshop Series
with Carole Kirby
Sundays 2-4:30pm
upstairs at Crazy Wisdom

January 24
Better Relationships:
Intro to IMAGO Therapy
and the Intentional Dialogue

February 28
To Raise Happy Kids...
Put Your Relationship First!

April 18
Greet Your Inner Family
and learn how to orchestrate
all those different parts of yourself.

Carole Kirby, LMSW
734.424.2797
www.therapy4couples.com

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Crazy Wisdom Salon and World Café

Join us for our Winter/Spring 2010 Series.

We have asked four thoughtful and well-connected Ann Arborites to choose topics and guest speakers for the upcoming monthly Salons, and to facilitate imaginative conversations.

Our intent is to creatively address complex topics.

We will gather the third Thursday evening
from January through April
at 7:00 PM in the Crazy Wisdom Bookstore Tea Room
114 S. Main Street, Ann Arbor
as our guest speakers share their perspectives
and invite lively conversation.

January 21st -- To Raise Happy Kids, Put Your Partnership/Marriage First

Keeping a partnership/marriage alive and well
is challenging for all in our fast-paced culture.
This is particularly true if you have a child or children.

Facilitator: **Carole Kirby**, LMSW, Couples Therapist

Guest Speakers:

Doug Gross, Financial Advisor. Married. Father of 3 daughters.

Judy Levy, Civil Rights Lawyer. She and her partner,
Janet Johnson, have 3 daughters.

Nic Sims, creative professional. Married. Raising a son and a daughter.

February 18th -- Ethical Responsibility- What Compels One to Act?

We all know when something we see is unethical.
What does it take to move us from observation or outrage to action?

What societal and/or religious imperatives
guide us to move outside our personal interests?

Facilitator: **Susan Ayer**, Editor of the *Washtenaw Jewish News*

Guest Speakers:

Rabbi Nathan Martin, Assistant Director at the
University of Michigan Hillel.

Reverend Ken Phifer, long-time peace activist, and Senior Minister Emeritus
of the First Unitarian Universalist Congregation of Ann Arbor.

Irene Butter, Professor Emerita, U-M School of Public Health,
Holocaust survivor, co-founder of Zeitouna,
a Palestinian and Jewish Women's Dialogue group.

March 18th -- Who (or What) Are You, Really?

Most of us think of ourselves as some sort of combination of ego, psyche,
personality, character, roles and image. Is this all we actually are, or is this a
fiction? What do the wisdom traditions say about who or what we truly are?

Facilitator: **Sandy Wiener**, former board chair for Deep Spring Center
and the Rudolph Steiner School

Guest Speakers:

Richard Mann, Professor Emeritus of Psychology and Studies
in Religion at U-M, and author of works on transpersonal psychology.

George SanFacon, active in the environmental movement,
and a deep student of consciousness.

April 15th -- Resilient Neighborhoods

How can we build stronger communities and more satisfying lives?

Come hear what some Ann Arbor/Ypsilanti neighborhoods
are doing to share resources and skills.

Facilitator: **Jeanne Mackey**, MSW, musician, tree-hugger,
and founding member of Transition Ann Arbor

Guest Speakers:

Jeff McCabe, host of FridayMornings@SELMA
(a local-foods neighborhood breakfast salon) and Food Co-op board member

Lisa Bashert, organic gardener, beekeeper, community builder,
and steward of the Recreation Park Community Garden.

Natalie Holbrook, co-founder of the Ypsilanti Bicycling Coalition
(Bike Ypsi) and urban farmer.

For more information, email **Bill Zirinsky**
at bill@crazywisdom.net,

The Crazy Wisdom Calendar

Tuesday Group Meditation with Bilha Rivlin • 6:30-7:15 a.m. • Sitting meditation
held in silence to start the day, without instruction. By donation.

**The Five Precepts with Lisa Zucker • Five Wednesdays, Feb. 3-Mar. 10; 7-9
p.m.** • We will focus on one precept each week by taking them into our lives and
meditation. \$35.

**Insight Meditation and Mindfulness with Jim Whiteside • Seven Mondays, Mar.
29-May 17; 7-9 p.m.** • We address various internal and external constraints in trying
to develop regular daily practices and offer support in dealing with them. \$49.

**Introduction to Meditation Workshop with Peg Tappe, Erica Dutton, Dorothy
Ann Coyne, and Ann Barden • Jan. 23, 1-4 p.m.; Mar. 13, 1-4 p.m.; May 8, 9-
Noon** • Introduction to insight meditation. \$20.

**Beginning Insight Meditation with Lou Weir and Frank Levey • Six Mondays,
Jan. 18-Mar. 1; 7-9 p.m.** • Discover the basic practices of Vipassana Meditation.
\$59.

**Beginning Insight Meditation with Peg Tappe and Mary Grannan • Six Tues-
days, Jan. 19-Feb. 23; 10-11:30 a.m.** • Discover the basic practices of Vipassana
Meditation. \$59.

**Sharing and Learning Together with Erica Dutton • Five Saturdays, Jan. 16-
Mar. 13; 10-Noon** • An opportunity to meditate together and talk about our experi-
ences, share our discoveries, ask questions, and learn from one another. \$59.

All of the above classes are offered through Deep Spring Center. For more informa-
tion, call 477-5848; info@deepspring.org.

**Intensive Meditation with Lighthouse Center • First and Third Fridays of each
month, 7:30-10 p.m.** • Mantra meditation, 20 minutes on each of the seven chakras.
No cost. Call Prachi at 734-449-4381, thielp17@yahoo.com.

**Learn to Meditate with Nirmala Nancy Hanke of Lighthouse Center • Jan. 29,
Feb. 26, Mar. 26, April 30** • Introduction to mantra meditation in the Jain tradition,
with meditation and empowerment. \$35, \$25 students or \$15 to repeat. Call Prachi at
734-449-4381, thielp17@yahoo.com.

Good Friday Meditation with Lighthouse Center • Noon • Gather at noon and be-
gin mantra meditation at 12:30 p.m. We will honor the Christ consciousness of love
and forgiveness. No cost. Veggie potluck follows. For date, call Prachi at 734-449-
4381, thielp17@yahoo.com.

**Meditation Sessions at Jewel Heart • Most Sundays: Jan. 3-April 25, 8:45-9:45
a.m.** • Help yourself through meditation. Facilitators provide basic guidance with
multiple concentration meditation sessions using the breath as the point of focus.
Open to all levels of experience. Free with donations welcome. Call 994-3387, programs@jewelheart.org or jewelheart.org.

**White Tara Meditation Sessions at Jewel Heart • Most Sundays: Jan. 10-April
25, 11:30 a.m.-12:30 p.m.** • Tara is the mother goddess of Tibetan Buddhism, known
for her quick and compassionate activity. She is particularly associated with heal-
ing and long life. Join us for a guided meditation using visualization techniques to
overcome physical, mental, and emotional suffering. Free with donations welcome.
Call 994-3387, programs@jewelheart.org or jewelheart.org.

**Intention/Meditation Group with Eve Avrin • Saturdays, Feb. 13-Mar. 20; 2:30-
4 p.m.** • There is astounding scientific evidence for the power of focused intention,
which is magnified in a group. Together, we will develop our intentions to create
profound change in our lives, and we will meditate. \$90. Call 546-9645, eavrin@comcast.net.

**Meditation Service with Rev. Annie Kopko at Interfaith • Second and Fourth
Wednesdays, 7-8 p.m.** • Brief service including a spiritual reading, sharing, silent
meditation, and music. All welcome. By donation. Call Dave at 327-0270, dave@interfaithspirit.org.

**Active-Reflective Meditation Service with Rev. Susan King at Interfaith • First,
Third, and Fifth Wednesdays; 7-8:15 p.m.** • Varied activities in each session
encourage reflective meditation using active, multisensory engagement. The rituals
borrow from Native American, shamanic, and eastern elements to incorporate medi-
tation with sound, movement, and visualization, such as using a medicine wheel,
working with sacred story, and soul card meditations. By donation. Call Dave at 327-
0270, dave@interfaithspirit.org.

Guided Meditation Course with Ema Stefanova • Wednesdays, 5:30-6:30 p.m. •
Learn the types of meditation that suit your own temperament and lifestyle. \$159 for
ten weeks, non-members. Call 665-7801, EmaStefanova@cs.com or YogaAndMeditation.com.

Men's Work

Men's Group with Michael Andes • Orientation Jan. 10, Noon-2 • Introductory
session for year-long men's therapy and support group: "out of isolation". Free orien-
tation. Call 662-5215, mandes@comcast.net.



Lorna Brown has been a spiritual teacher for over 35 years, and she also likes to officiate at weddings. She has been leading *Flower of Life* workshops for many years. In addition to that program, she is currently leading workshops entitled *An Introduction to Soul Retrieval* and *Munay-Ki Initiations*. Her listings are in the Spiritual Development section.

Money

Money as a Spiritual Practice with Jacki Dilley • Jan. 17, 3-5 p.m. • Do you have financial issues that frustrate you, create anxiety or make you feel guilty? If we look deeply at such concerns without judgment, we will see how they contain seeds for spiritual growth. Come learn and discuss how your issues with money can teach you about your path in life. \$10 donation. Call 355-8325, j.dilley.lmsw@gmail.com.

Music & Sound

Joy Song: Chants and Dance to Uplift the Soul with Melanie Fuscaldo and David Winfree • Mar. 20, Noon-1:30 • Enjoy short songs, easy movements, and meditation to playfully bypass the ego and touch the heart and soul. Appropriate for all skill levels. Learn practical strategies to decrease stress and connect with others heart to heart. Increase spiritual growth and discover inner guidance for answers to life questions. \$30. Contact melaniefuscaldo.com.

Divine Language of Music with The Interfaith Round Table of Washtenaw County • Each event at 7 p.m. • This series will explore from many different religions chanting, choir music, instrumental music, and sacred dance as an invitation to listen to new notes, see new movements, and gain insights and new experiences into what others see as divine. \$10 donation. Call George at 424-1535, gbrides@umich.edu or irtwc.org.
Jan. 24 • Chanting at the Interfaith Center for Spiritual Growth
Feb. 21 • Choirs at the Church of Jesus Christ of Latter-day Saints
Mar. 21 • Instrumentals at the First Congregational Church
April 18 • Dancing at the First Unitarian Universalist Congregation

Music Together with Robin Robinson at Mind, Body + Spirit Academe • Complete description under Children & Young Adults section. Call 929-2133, robinsongs@mac.com.

Baby and You! with Gari Stein • Tuesdays, Jan. 19-April 13; 12:30 p.m. • Complete description under Children & Young Adults section. Call 741-1510, little-folks-music.com.

Sing with Me! with Gari Stein • Tuesdays or Wednesdays, Jan. 12-April 15; 9:15 or 10:45 a.m. • Complete description under Children & Young Adults section. Call 741-1510, little-folks-music.com.

Music, Movement, and Make-Believe for Ages 3 1/2 to 5 with Gari Stein • Wednesdays, Jan. 19-Mar. 30; 12:45-2:30 p.m. • Complete description under Children & Young Adults section. Call 741-1510, little-folks-music.com.

Cafe 704 Concerts at Interfaith Center • 8-10:30 p.m. • Cafe 704 is a smoke- and alcohol-free venue with free parking. Doors open at 7:30. Suggested donation: \$8 each or \$15 for two. Call 327-0270, interfaithspirit.org.
Jan. 9 • Guitarist Michael Weiss
Feb. 27 • Richard Hovey with guest appearance by The Delivery Boys
Mar. 27 • Musician David Mosher
April 24 • Singer Katie Geddes

New Sounds Downtown at Body-Mind-Spirit Wellness Center • 8-9:30 p.m. • For more information, contact bmswc.com.

Feb. 26 • Pianist Kenn Thomas

April 30 • Found Object Orchestra Internationale with James Cornish trumpet, Curtis Glatter percussion and found objects, and Steve Goossen electronics, toys, and found objects

Native American

38th Annual Dance for Mother Earth Powwow in Saline • April 10-11 • Formerly held at Crisler Arena, this event is now taking place in Saline Middle School Field-house. For more information, visit umich.edu/~powwow/index.html.

Nature Awareness

Nature Awareness and Wilderness Living Skills for Ages 8-12: Springtime After-School Series with Frank Levey • Wednesdays or Thursdays, Mar. 17-May 13; 4-6 p.m. • Designed to promote an increased sense of ease, strength, and joy in the lives of young people, this program explores our interconnectedness with nature. The development of living skills, including fire and shelter building and food and water gathering, empowers us towards living safely and harmoniously on the planet. \$225 with no one refused for financial reasons. Contact frank@awakenedbreath.net.

Seasons of the Soul: Embracing the Quiet Wisdom of Winter with Janice Lynne Lundy at Inn at the Rustic Gate • Jan. 17, 1-5 p.m. • The season of winter comes bearing gifts, if we only learn to pay attention to nature's open hands. In this day of reflection, Jan Lundy will help you to draw out the gifts of the season that most resonate with your own soul. Bring a writing journal and blanket. \$35 commuter; \$140 single occupancy for one night with all meals or \$105 double occupancy. Contact Marcia at rusticgate@starband.net.

Naturopathy

Personal Empowerment through Applied Natural Therapeutics with Mary Light and Chetna Desai • Mar. 13-14, 8:30-7 p.m. • Naturopathic College of Ann Arbor first-year classes, out of the three-year diploma program, are open to the public by individual registration. \$440. Call 769-7794, naturopathiccollegeofannarbor.net.

Exploring Naturopathic Nutritional Therapies with Mary Light and Chetna Desai • April 10-11, 8:30-7 p.m. • See above description. \$440. Call 769-7794, naturopathic-collegeofannarbor.net.

Detox for the New Year with Brenda Jo Domsle • Jan. 13 • More energy! Feel healthy and strong! Learn key changes that can unlock your potential. Free. For times, call 434-9835, brendajo@andreabrisson.com.

Nutrition & Food Medicine

Nutrition Series at Crazy Wisdom Community Room, sponsored by People's Food Co-op • 7-8:30 each evening • Free. For registration and information, call Kevin Sharp at 994-4589, info@peoplesfood.coop.

Feb. 4 • The Secrets of Effective Weight Loss with Ellen Livingston • Learn how to reach your ideal weight and maintain it forever, and do it safely with a delicious, satisfying raw food diet. Join us for a lecture and food demonstration, including sampling and recipe handouts.

Mar. 25 • Building a Strong Immune System and the Myth of Fasting with Linda Diane Feldt

April 1 • Detox the Safe and Healthy Way with Ellen Livingston • You don't need any special potions, just the right raw foods. Learn more in this lecture, including sampling and recipe handouts.

Raw Food Health Talk and Recipe Demonstration with Ellen Livingston • Mar. 18 and April 15, 6:30-8 p.m. • Ellen will present the basics of our natural human diet - a low-fat raw vegan diet - and other requisites of vibrant health. Recipe samples will be served! \$10. Please register by calling Arbor Farms Market at 996-8111.

The Crazy Wisdom Calendar

Nutrition & Food Medicine (continued)

Living Vibrantly One-Day Raw Food Health Seminar with Ellen Livingston • Mar. 27, 10-5 p.m. • In this one-day health intensive, participants will learn how to eat and live in such a way as to cause vibrant, lasting health. A raw food lunch will be demonstrated and provided as well as handouts. Discover how to lose excess weight, say goodbye to uncomfortable symptoms, avoid degenerative diseases, and feel fantastic! Call 995-0875, ellen@livingyoganow.com or LivingYogaNow.com.

Raw Food Potluck with Ellen Livingston • April 18, 1-3 p.m. • All are welcome! Please bring a raw food dish to share. For further questions, call 995-0875, ellen@livingyoganow.com or LivingYogaNow.com.

Eight-Week Healthy Lifestyle Coaching Group with Ellen Livingston • Mondays: April 5-May 24, 7-8:30 p.m. • Participants in this coaching group will learn how to apply a raw vegan diet and other natural health and fitness principles in their own lives. A raw food snack and handouts will be provided at each meeting. Get your health questions answered and get the support and information you need to take charge of your health! \$160. Call 995-0875, ellen@livingyoganow.com or LivingYogaNow.com.

Raw Food Recipe Classes with Ellen Livingston • Jan. 9, Feb. 6, Mar. 6, April 10, April 24; 10:30 a.m.-12:30 or Mar. 15, 6:30-8:30 p.m. • Participants will learn how to create a variety of simple, low-fat dishes using 100% raw vegan ingredients, and will get to sample all the food and take home a recipe booklet. \$48. Call 995-0875, ellen@livingyoganow.com or LivingYogaNow.com.

Thirty Days of Raw Vibrance with Ellen Livingston • Mondays: Feb. 1-Mar. 1, 6:30-8:30 p.m. • Participants in this health-coaching group set an intention to eat a raw food diet for 30 days. A raw food dinner is provided at each meeting and is followed by group discussion and support. \$130. Call 995-0875, ellen@livingyoganow.com or LivingYogaNow.com.

Raw Food Health Seminars with Doug Graham • Feb. 19, 7-10 p.m. and Feb. 20, 9-5 p.m. • Sign up for one or both of these natural health seminars. Learn what you need to know to take charge of your health, forever, and get your questions answered! \$35 for Friday and \$150 for Saturday with early payment discount available. Call Ellen at 995-0875, ellen@livingyoganow.com or LivingYogaNow.com.

Which Vitamins and Supplements May Be Right For You? with Heather Brumwell • Jan. 20, Feb. 17 or April 14; 6-6:45 p.m. • We all hear the advertisements and see the product possibilities. How do we know if we should be taking acai, greens or fish oil? Join us as we discuss ways to get to know which products will support your health. Free. Call 780-7180.

Yoga and Food with Nourishing Traditions • Jan. 9, Feb. 13, Mar. 13, April 10; 11:30-1:30 • The kitchen - and the food in it - is the yogi’s medicine cabinet. Learn a “repertoire” of easy, fast, fun, and delicious recipes. \$30. Call 213-0435, info@beinawecm.com or beinawecm.com.

Flavors to Savor Kitchen Cooking Series • 6:30 p.m. • All proceeds benefit the Grass Lake Sanctuary. \$15 each. Call Heather at 748-5538.
Jan. 27 • Play With Your Food with Wendy Warrick • Bring fun and play back into the preparation and enjoyment of food.
Jan. 28 and Feb. 25 • Soups and Stews that Strengthen Vitality with Patty Hart • Learn to make soups and stews that incorporate healing herbs.
Feb. 8 • Sweets for Your Sweetie with Lana Jerome • Learn to bake simple, delicious treats just in time for Valentine’s Day.
Feb. 15 • Show Me the Honey with Heather Brumwell • Learn about using various sweeteners in your cooking and baking.
Feb. 22 • Eat Your Greens! (and Make Them Delicious) with Marnie Burkman • Join us as we learn delicious ways to incorporate greens into your everyday meals.
Feb. 24 • Soup’s On! with Jim Dreyer and Tim Utter • Join us to learn how to make delicious soups.
Mar. 8 • Cooking with Essential Oils with Heather Brumwell • Learn the art of cooking with essential oils.
Mar. 1 • Gluten-Free Dinner Party with Joanna Mills • Learn to create a gluten-free dinner party with food you’ll be thrilled to serve guests.
April 12 • Cooking with Asian Healing Herbs with Gary Merel • Learn about Asian healing herbs and how to incorporate them into your cooking.
For information on the above classes, call Heather at 748-5538.

Pagan Spirituality

Witches’ Night Out at Crazy Wisdom Tea Room • Jan. 12, Feb. 9, Mar. 16, April 13; 7 p.m. • Come join us for tea and networking on Witches’ Night Out. It is a chance to meet others of like mind, drink Witch Brew tea, and have a great time. No cover. \$3.50 for a pot of tea with free refills. For more information, please contact info@crazywisdom.net.

Parenting

Mothering Arts Support Group with Barbara Robertson and Cia Gabriel of Center for the Childbearing Year • Eight Mondays, 10-11:30 a.m. • This group focuses on making a positive adjustment to the joys and challenges of being a new mom. Topics include sleep issues, breastfeeding, baby-wearing, taking care of yourself, sex after baby comes, birth stories, infant massage, baby signs, and more. Class repeats consecutively and can be joined at any point in the series. Moms and babies up to six months welcome. \$60. Call 663-1523, patty@center4cby.com or center4cby.com.

La Leche League with Center for the Childbearing Year • First Thursday of each month, 10-Noon • Drop-in support group for breastfeeding mothers and their children. Pregnant women and toddlers welcome. Free. Call 663-1523, patty@center4cby.com or center4cby.com.

If you surrender to the wind, you can ride it.
~Toni Morrison

Breastfeeding Cafe with Barbara Robertson of Center for the Childbearing Year • Fridays, 10-11:30 a.m. • Come and meet other women who are breastfeeding their babies! This free drop-in group focuses on supporting the new breastfeeding pair. We will provide a combination of a nurturing environment and accurate, up-to-date information. Time is set aside to address each individual mother’s concerns. Moms and babies can come for as many weeks as they need. Please bring your baby and your questions. Free. Call 663-1523, patty@center4cby.com or center4cby.com.

Mindful Parenting Course with Zen Buddhist Temple • Five Sundays in Jan., Feb., and Mar.; 1-2:30 p.m. • For complete information, please call 761-6520, annarbor@zenbuddhisttemple.org.

Family Mindfulness Retreat with Zen Buddhist Temple • Mar. 6, 10-5 p.m. • For complete information about this country setting retreat, please call 761-6520, annarbor@zenbuddhisttemple.org.

Intentional Parenting Discussion Series: Children’s Sexual and Gender Curiosity and the Questions They Ask with Michael Shulman • Jan. 27, 8-9 p.m. • Children find their bodies fascinating, develop questions about sexuality, and wonder about the meanings of gender. We will consider together children’s curiosities about sex and gender, and how parents can help children with their questions. Free and open to community. Call Constance at 358-7063, constance@allencreek.org.

Intentional Parenting Discussion Series: Stretch vs. Strain - Building Emotional Muscle in Children and Parents with Kerry Kelly Novick • Mar. 10, 8-9 p.m. • How do you know what to ask of your children? What is too much, what is too little, and what is just right? This interactive exploration helps foster strength and resiliency. Free and open to community. Call Constance at 358-7063, constance@allencreek.org.

Intentional Parenting Discussion Series: Limit Setting - Building Self Discipline in Early Childhood with Michael Singer • April 14, 8-9 p.m. • Consequences? Time-outs? What’s the right way? How can parents manage behavior and discipline with their children? Discussion offers approaches to promote self-discipline and self-control in young children. Free and open to community. Call Constance at 358-7063, constance@allencreek.org.

Peace

World Peace Prayer Service with Zen Buddhist Temple • Feb. 15-20 • A week-long kido chanting and purification service for repentance, peace of the world, and happiness for all beings. Open to all. For complete information, call 761-6520, annarbor@zenbuddhisttemple.org.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called “Background Information” and which starts on page 67.

Peace Generator Silent Meditation/Prayer Circle with Craig Harvey of Interfaith • Feb. 19, Mar. 19, April 16; 7-9 p.m. • “Be peace” by dropping in anytime during this silent meditation/prayer circle to focus on inner and outer healing, love, harmony, and peace. Participants may envision a happier, more peaceful world, pray for a loved one, hold our planet in the light or just relax in the silence and let go of your own worries. Donations accepted. Call 971-8576, worldhealing@yahoogroups.com or peacegenerator.org.

Personal Growth

Creating Co-Powerment Workshops: Empowering Self and Co-Powering Others with Lani Kwon Meilgaard • Jan. 17, 1-4 p.m. at Peaceful Dragon School; Feb. 7, 1-4 p.m. at Crazy Wisdom Community Room • Going through transition? Graduation, career change, moving, recovery, retirement, etc.? Transform your life in an empowering and fun small group workshop that serves and supports you in setting your intention, visualizing your priorities and goals, and creating a better future! Love offerings accepted. Call 973-1283, heavenlybalance@yahoo.com.

Manifesting Your Desires with Marcella Fox • Feb. 20, 1-4 p.m. at Crazy Wisdom Community Room • Introduction to concepts and techniques related to shifting your vibration to create change in your life and attract what you want. This workshop focuses on implementing concepts learned and starting to pave change in your life. \$40. Call 717-8513, mpfox@umich.edu.

Working with the Body to Help Ease Stress with Marcella Fox • Mar. 20, 1-4 p.m. at Crazy Wisdom Community Room • Introduction to Emotional Freedom Techniques (EFT) that manipulate the body’s energy field to help body, mind, and spirit. This workshop focuses on the practical application of techniques learned to help reduce stress in your life. \$40. Call 717-8513, mpfox@umich.edu.

How to be Your Own Psycho-Therapist with Susan Mumm • Jan. 31, 2-4:30 p.m. at Crazy Wisdom Community Room • This lecture presents dynamic self-help techniques for removing internal blocks to happiness. \$6. Call 913-5859, annarborsue@comcast.net.

Anxiety Management Skills for the 21st Century with Melisa Schuster • Feb. 9, 7:30-9 p.m. • Life just seems to get more and more stressful. This hands-on class will give you the skills you need to manage stress and anxiety successfully. Dress comfortably and bring a blanket or mat and/or pillow if desired. \$25. Call 302-0033, melisaschuster.com.

Creating Internal Emotional Resources with Cam Vozar • Feb. 17, 6:30-8 p.m. • Create internal emotional resources to cope with stress and increase well being. Learn to connect to nurturing, protective, and spiritual internal resources. \$10. Call 747-9073, cam.vozar@gmail.com.

Discover the Power and Joy in Your Life Transition with Melanie Fuscaldo • Part 1: Mar. 2, Noon-1:30; Part 2: Mar. 9, Noon-1:30 • If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body, and mind to the spiritual purpose in this transition. \$30. Contact melaniefuscaldo.com.

Creating the Life You Really Want with Kristin Blackburn • Tuesdays: Jan. 19-April 6, 9:30-11 a.m. • Twelve-week supportive seminar for women utilizing the nine principles from Sonia Choquette’s book, *Your Heart’s Desire*, in order to identify your personal and professional dreams, eliminate barriers, and create the life you really want. Group format will include weekly homework and group discussion. Space is limited. \$35 per week plus \$18 workbook. Call 994-1531, kblackburn@mail.com.

Depression-Proof Your Life! with Sandra Moss • Feb. 27, 5-7 p.m. • Learn how to create happiness using Ayurveda, Yoga, and meditation. This hands-on workshop will provide you with practical techniques to help you undo the roots of depression. \$18. Call 272-8393, sandramoss@comcast.net.

Claiming the Indigenous Self: An Apprenticeship Program with Bronwen Gates • Information meeting: Jan. 17, 4 p.m. or Jan. 18, 7 p.m. • The Indigenous Self is at home in the universe and knows itself as part of a unitive whole. Integral to that journey is claiming your magical self, for magical reality underlies our mundane reality and is both a fundamental aspect of our spiritual nature and an integral part of our physicality. This apprenticeship has three parts: working with your mystical nature, increasing self knowledge, and acquiring tools for the journey. For cost and more dates/times, call 975-8754, BronWild@gmail.com.

Polarity

Polarity Therapy Level 1 with Karen Kerns, John Bodary, and Renee Rutz • Mar. 13, 27, April 17, 24, May 8, 22, June 5, 19; 9 a.m.-1 p.m. • Learn energy anatomy, introduction to Five Element Theory, and how to apply these principles to bodywork, diet, and personal growth in this eight-class series. \$80 per class includes a one-hour private supervision with instructors. Call Polarity Center at 313-647-0038, info@polaritycenter.com or polaritycenter.com.

Prayer

Praying with Body, Mind, and Spirit: Journey to Forgiveness with Janene Ternes • Feb. 27, 10:30-4 p.m. at Crazy Wisdom Community Room • Whether a childhood wound, a relationship hurt or employer mistreatment, we have all been wronged by someone. We may have tried to move on, but have been unable to let it go. Come experience prayer that opens you to God’s healing freedom using scripture, guided meditation, music, and body movement to engage your whole being in prayer. Basic movements will be taught that can be done by anyone. \$40. Call 429-7754, PrayerInMotionJT@aol.com or prayer-in-motion.com.

Praying with Body, Mind, and Spirit: Listening to God with Janene Ternes • April 17, 10-2 p.m. • Overcome the noise and distractions that disturb your prayer by deepening your focus using movement, music, and guided meditation. Basic movements will be taught that can be done by anyone, regardless of experience or physical limitation. \$40. Call 429-7754, PrayerInMotionJT@aol.com or prayer-in-motion.com.

Professional Enrichment

Colors in the Classroom and Much More with Jennifer Flowers • Feb. 15, 6:30-8 p.m. • This class is designed for teachers, educators, and anyone passionate about empowering our children. In this interactive class, we will use imagery, body positioning, color, and thought patterns to create desired results within minutes. Experience how applying these concepts can make us physically stronger, assist with test anxiety, and improve self-esteem and grades. Space is limited. \$45 includes manual. Call 734-416-5200, info@bodyworkshealingcenter.com.

Professional Ethics for Cont-Ed with Christia West at the Ann Arbor Institute of Massage Therapy • April 16, 9-4 p.m. • This workshop is open only to massage therapists. Professional ethics are critical in our ever-changing, demanding profession. It is an exciting subject to study because it is the study of human behavior and values. Join us for a dynamic workshop that will hone your communication skills, build your confidence, and help you make better decisions regarding your professional practice. \$110 with 6 CE credits. Call 677-4430, fax 677-4520, info@aaimt.edu.

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The Crazy Wisdom Calendar

Professional Enrichment (continued)

Preventing Burnout with Holistic Energy Care with Self Realization Meditation Healing Centre • Jan. 16-17, 9:45-5 p.m. • This is a course for health care professionals, complementary practitioners, carers, teachers, volunteers, and all people-workers who wish to deepen their understanding and care for their own energy, thus enhancing both their work with others and their own personal lives. \$225 includes vegetarian meals and refreshments or \$272 includes food and lodging. If you cannot afford the full fees, please call 517-641-6201, info@SelfRealizationHealingCentreMichigan.org.

Bellanina's Facelift Massage Seminar with Nina Howard • Feb. 19-20 or April 21-23, 9-5 p.m. • CEU opportunity for massage therapists and healing arts professionals. Expand your business and turn your treatment room into a spa with this holistic, pampering treatment. 24 CEUs. \$995 plus Professional Treatment Kit. Call 800-235-2844 or 747-7661, operations@bellanina.com.

Healer Development 101 with Eve Wilson • Six classes over six weeks, 7-9:30 p.m. • Intuition development and self healing includes inner wisdom, boundaries and protection, guardian angels, chakra tuning, power animals, crystals, introduction to Qabalah, and aura reading. \$240. Contact evew@spiritualhealers.com or spiritualhealers.com.

Reiki

Reiki Kids with Jennifer Flowers • April 25, 10-4 • In this hands-on class, you will learn techniques to heal yourself as well as others. After receiving an attunement, you will practice giving Reiki to pets, plants, and food. You will also learn fun ways to feel and increase your own energy field and explore your chakra system. \$89 includes supplies and manual. Call 734-416-5200, info@bodyworkshealingcenter.com.

Reiki Classes with Suzy Wienckowski • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain, and restores balance and harmony on all levels: body, mind, and spirit. The first degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four initiations. The second level of training includes the use of the three sacred Reiki symbols to focus and intensify the energy, and to send Reiki at a distance. Certificates awarded. Call 665-8665, SuzyReiki@aol.com.

First Degree Class • Jan. 15-17 or April; 16-18: Friday 7-9:30 p.m., Saturday 9:30-4, Sunday 9:30 a.m.-12:30 p.m. • \$150.

Second Degree Class • May 7-8: Friday 7-9 p.m., Saturday 9:30-4 • \$500.

Curious About Reiki? • April 21, 7-9 p.m. • Free introductory talk with free mini-treatments offered.

Reiki Level I and II: Energy Balancing for Yourself and Others with Ann Zalek • Feb. 22-23, 10-4 p.m. • Attendees learn Reiki Level I and II self-healing techniques, Reiki methods to help others, tips for application in the care provider setting, and will receive Reiki I and II attunements. For family/professional caregivers, health care professionals, healing arts practitioners, and anyone interested to learn Reiki. \$250. Call 332-3800, ann@TheracareMassageTherapy.com or TheracareMassageTherapy.com.

Reiki Level III: Advanced Reiki Training and Reiki Master/Teacher with Ann Zalek • Mar. 27, 29, 30; 10-5:30 p.m. • Designed for those who wish to deepen their personal and professional Reiki practice, including preparation to teach Reiki to others. Attendees learn the Usui and Tibetan Master symbols, attunements for all levels, advanced techniques for hands on and distance work, and teaching tips, and will receive the energy intensifying Reiki III and Reiki Master attunements. \$650. Call 332-3800, ann@TheracareMassageTherapy.com or TheracareMassageTherapy.com.

Reiki Classes with Jennifer Flowers • Learn how to access Universal Life Force energy to heal others or yourself. Reiki works on all levels by integrating and balancing the physical, mental, emotional, and spiritual aspects of your being. In each class, you will receive attunements and learn the history of Reiki, hand positions, and practice on yourself and classmates. \$154 for each class includes materials. Call 734-416-5200, info@bodyworkshealingcenter.com.

Reiki I • Jan. 30, 4-8 p.m. and Jan. 31, 9-3 p.m.

Reiki II • Feb. 20, 4-8 p.m. and Feb. 21, 9-3 p.m. • Deepen your practice and learn distance healing.

Reiki III • April 17, 4-8 p.m. and April 18, 9-3 p.m. • Learn to clear blockages in your aura and the Usui Master Symbol.

Usui Reiki Symbols In Depth with Jennifer Flowers • In this series, we will spend one full hour dedicated to learning the history, meaning, usage, and drawing of each of the four symbols. Becoming more aware of the gifts and blessings it offers will help to awaken us to Reiki's full potential! \$15 per class or \$50 for the series. Must have certification for Reiki I and II. Call 734-416-5200, info@bodyworkshealingcenter.com.

Part 1: The Power Symbol • Mar. 1, 7:30-8:30 p.m.

Part 2: The Mental/Harmony Symbol • Mar. 8, 7:30-8:30 p.m.

Part 3: The Long Distance Symbol • Mar. 15, 7:30-8:30 p.m.

Part 4: The Master Symbol • Mar. 22, 7:30-8:30 p.m.

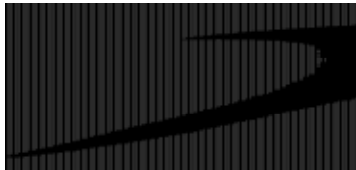
Reiki Classes with Ray Golden of Center for Intuitive Health • Reiki is a powerful, natural, non-invasive, easy to learn healing technique that can be learned by anyone. It is an ancient form of healing in which the healing energy of the universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, causal, and spiritual. Class sizes limited. Cost includes certificate and manual. Early registration discounts available. Call 663-9724, intuitivehealth@aol.com or rayogoldenreiki.com.

First Level Reiki Workshops • Jan. 8-9; Friday 7-9 p.m. and Saturday 10-6 p.m.; or Mar. 6-7 or April 3-4; Saturday 7-9 p.m. and Sunday 10-6 • The student receives all the traditional attunements to the Reiki energy, learns to facilitate other's healing, and self-healing techniques. \$125.

Second Level Reiki Workshops • Mar. 20, 6-10 p.m. and Mar. 21, 10-6 • Traditional advanced attunements deepen the process. The student learns more powerful healing techniques and distance healing techniques. \$230.

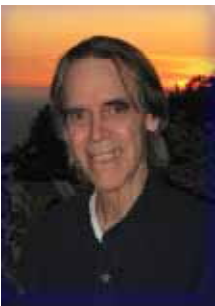
Free Reiki Introduction and Healing Night • Jan. 7, Feb. 4, Mar. 4, April 1; 7-9:30 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free.

Reiki Share with Malcolm Shaffner and Greg Weathers at Interfaith • Tuesdays, 7-8:30 p.m. • The purpose of Reiki Share is for Reiki practitioners to practice energy work on each other and on others. The public is invited to drop in and relax under their healing energy! Donations accepted. Call 546-2422, gregoryw@wccnet.edu.



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- **Level One Classes** Jan 8,9; Mar 6,7; Apr 3,4
- **Level Two Class** Mar 20,21
- **Reiki with Animals** Jan 8,9,10; Mar 6,7,8; Apr 3,4,5
- **FREE** Introductory Talks Jan 7, Feb 4, Mar 4, Apr 1



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- **Level 1 Workshop: Intuitive Awareness & Self Healing** Jan 23,24

Ray O. Golden, MSE, Reiki Master

www.RayOGoldenReiki.com

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Reiki Classes with Eve Wilson • For more information, contact evew@spiritualhealers.com or spiritualhealers.com.
Reiki I • Jan. 13, 7-11 p.m. • Learn hands-on healing for self and others, and receive the attunement and certificate. \$110.
Reiki II • Feb. 3, 7-11 p.m. • Learn distance healing, first aid, spiritual protection, and clearing. Recharge your car battery, sleep assistance, and more! \$120.
Reiki III Master Class • Feb. 24 and Mar. 3, 7-11 p.m. • Receive your Reiki Master attunement. Learn to teach Reiki and pass Reiki attunements. \$450.

Retreats

Viva La Femme! Jamaica: A Healing Retreat for Women with Dori Edwards • Feb. 27-Mar. 7 • Spend eight days in Oracabessa, Jamaica, nurturing yourself with Anusara Yoga and core strengthening classes everyday. We will stay at Nix Nax Bed & Breakfast, five minutes walk from the ocean. Come be nurtured and enlivened. \$700. Call 320-2763, dori@dreamsofisis.com or dreamsofisis.com.

Retreats at Song of the Morning Yoga Retreat Center in Vanderbilt, Michigan • For complete information, call Matt at 989-983-4107, office@goldenlotus.org or goldenlotus.org.

- Post-Holiday Personal Retreat • Jan. 8-10** • Take a little time to relax and reenergize for 2010 with morning yoga and afternoon tours on snowshoes or cross-country skis. By donation.
- Yoga, Skiing, and Tai Chi with Stephanie Shepard, Sam Cornelius, and Dave Dixon • Jan. 15-17, Feb. 5-7 or Mar. 5-7** • Stretch and warm up with yoga, center and get the chi flowing with tai chi, and refresh with skiing and/or snowshoeing suitable for all levels. \$60.
- A New Year, A New You with Becky Vogel • Jan. 16-17** • Learn how to cleanse your body of toxins and replace it with healthy foods and exercise. \$60.
- Healing Energy Retreat with Peggy Braden and Ian Wylie • Jan. 29-31** • This Clear Light healing and energy weekend includes meditation, chants, songs, mantras, satsang, breath work, and exercise. \$100.
- Spirituality4Success with Nick Kumar • Jan. 30 or April 24** • Learn realistic methods and tools to ensure your future success and focus on spiritual transformation. By donation.
- Yoga for Depression with Kimberly Beyer-Nelson • Jan. 29-31** • Learn the Hatha Yoga approach to working with depression. By donation.
- Raja Yoga • Feb. 13-14** • Learn methods to enhance physical, spiritual, and mental well being. \$75.
- Mind, Body, and Soul Life Coaching and Indian/Ayurvedic/Macrobiotic Cooking with Ramesh Narula • Feb. 12-14 or April 16-18** • Learn practical techniques to achieve inner peace, prosperity, and better health. \$100 with scholarships available.
- Ayurveda for Everyone with Rajiv Kumar • Jan. 22-24 or April 16-18** • Learn the fundamentals of Ayurveda and Su-Jok Acupressure, and experience Reiki healing sessions and pulse readings. \$100.
- Winter Mindfulness Retreat with Bluewater Community of Mindful Living • Feb. 19-21** • Sitting and walking meditation, the Fourteen Mindfulness Trainings, a silent meal, yoga, and dharma discussions in the tradition of Thich Nhat Hanh. Free.
- Saucha Yoga Retreat Weekend with Jim Pero and Greg Kemppainen • Feb. 26-28** • Experience yogic techniques of pranayama, drishti, neti, meditation, an Indian sweat lodge, and more. \$120.
- Tea and Tinctures with Becky Vogel • Feb. 27-28** • Learn to make teas and tinctures from backyard herbs. \$60.
- Feldenkrais Awareness Through Movement Retreat with Judith Dila • Mar. 12-14** • Improve your posture, flexibility, coordination, and movement efficiency. \$100.
- Edge of Spring Contemplation Retreat with Kimberly Beyer-Nelson • Mar. 12-14** • Experience deep silence with yoga, qigong, meditative dance, and meditation. \$50.
- Yoga Intensive with Stephanie Shepard • Mar. 19-21** • Experience five classes of yoga from three different styles, including gentle, Vinyasa, and Yin. \$60.
- Chi Kung Yoga Shiatsu Massage with Robert Lewanski • Mar. 19-21** • Learn Chi Kung rocking massage, Japanese barefoot shiatsu massage, and hand and foot reflexology. \$99.
- Chi Kung Energy Healing Workshop with Robert Lewanski • April 9-11** • Learn Dao-Yin Chi Self-Massage, Chi Kung Yoga, Chinese medical Chi Kung, chi yoga posture and stretching, chi belly breathing meditation, and the Chinese/Ayurvedic five element diet. \$99.
- Sacred Sounds of Tibet, Africa, and India with Mark Handler, Greg Vadnais, and Chris Bontos • April 9-11** • Learn Tibetan singing bowl techniques, mantra and chanting, African djembe drumming and dundun rhythms. Experience concerts and a drum circle. \$98.
- Yoga and Recovery with Peggy Smith and Patricia Burbank • April 16-18** • A weekend of meditation, yoga, sharing, and learning for those on a journey of recovery from any type of addiction. \$100.
- Spring Detox and Herbology with Becky Vogel • April 24-25** • Learn how to cleanse the body and move toward a diet with less mucous and more energy. \$60.

For more information on all of the above retreats at Song of the Morning Ranch, please call Matt at 989-983-4107, office@goldenlotus.org or goldenlotus.org.

Retreats with Self Realization Meditation Healing Centre • All retreats include home cooked vegetarian meals. For more information on these retreats, or if you cannot afford the full fees, please call 517-641-6201, info@SelfRealizationHealingCentreMichigan.org.

- A Day of Peace and Relaxation • Jan. 2, 10-5 p.m.** • Includes life skills and relaxation class and free time. \$49.
- Preventing Burnout with Holistic Energy Care • Jan. 16-17, 9:45-5 p.m.** • This is a course for health care professionals, complementary practitioners, carers, teachers, volunteers, and all people-workers who wish to deepen their understanding and care for their own energy. \$225 or \$272 includes lodging.
- Sticking to Your Resolutions Workshop • Jan. 30, 10-7 p.m. with overnight option** • For anyone who has had difficulty following through or is taking on new and bigger resolutions. \$115 workshop or \$189 with lodging.
- Peace and Quiet Weekend • Feb. 27-28** • Spend time in peace and quiet with free time and a silent Sunday morning. \$75.
- Easter Celebration Silent Retreat • April 2-4** • A silent retreat for meditation, contemplation, and relaxation. \$140 includes lodging. For more information on the above retreats, please call 517-641-6201, SelfRealizationHealingCentreMichigan.org.

Yoga Retreats with Ema Stefanova • For more information, call 665-7801, EmaStefanova@cs.com or YogaAndMeditation.com.
Silent Yoga and Meditation Retreat • Mar. 19-21 • Relax, renew, recharge. Beginning through advanced students welcome. Up to 30 CEUs. Call for cost.
The Healing Power of Yoga Retreat • April 23-25 • Experience classical Satyananda-style yoga therapy and healing in practice. From total beginners to yoga teachers welcome. Teachers earn up to 30 CEUs. \$375 includes food and lodging.
Yoga, Swimming, and Hiking • Choose from exquisite European yoga vacations at Lake Ohrid in Macedonia or the Majestic Blue Adriatic in Croatia. Call for dates and cost.

Salons

Crazy Wisdom Bookstore Salon Series for Winter and Spring 2010 • Third Thursdays of each month, 7 p.m. in the Crazy Wisdom Tea Room • Free. For more information, email bill@crazywisdom.net or call 665-2757.

Jan. 21 • To Raise Happy Kids, Put Your Partnership/Marriage First • Keeping a partnership/marriage alive and well is challenging for all in our fast-paced culture. This is particularly true if you have a child or children. When a relationship becomes challenging and partners feel more like roommates, it's easy to focus on the children. It seems like the absolute right thing to do. This Salon will examine how we inadvertently hurt our kids without realizing it and how we hurt our marriages that, in turn, hurt our kids. We will explore why putting your relationship first is the best way to raise emotionally healthy kids. **Carole Kirby**, LMSW, will facilitate this panel of three parents speaking from their own life experience. Carole has many years experience working with couples and families. Guest speakers include **Doug Gross**, a Financial Advisor with Raymond James Financial Services in Saline. He and his wife, Sabrina, have been married 27 years and have three daughters. **Judy Levy** is a civil rights lawyer for the Department of Justice. She has been in a committed relationship with JJ (Janet Johnson) for 25 years. Together, they have three daughters, one 14 years old and twin 12 year olds. **Nic Sims** is a creative professional and transplanted New Yorker, married to a serial entrepreneur Midwesterner for 15 years. Nic and David are raising a 12-year-old son and 11-year-old daughter.

Feb. 18 • Ethical Responsibility: What Compels One to Act? • We all know when something is unethical. What does it take to move us from observation or outrage to action? What societal and/or religious imperatives guide us to move outside our personal interests? Facilitator **Susan Ayer** is longtime Editor of *Washtenaw Jewish News*. Guest speakers include **Rabbi Nathan Martin**, Assistant Director at the University of Michigan Hillel, a Jewish student center near the U-M campus. He graduated from the Reconstructionist Rabbinical College in 2006 and enjoys learning, biking, and dialogue. **Reverend Ken Phifer** is a longtime peace activist. He served as Senior Minister (now Emeritus) of the First Unitarian Universalist Congregation of Ann Arbor, from 1980-2005. He is a graduate of Harvard College and the University of Chicago Divinity School. **Irene Butter** has a PhD in economics from Duke University and is professor emerita at the University of Michigan School of Public Health. Born in Berlin, she grew up as a Jewish child in Nazi-occupied Europe when her family was deported to two German concentration camps in the early 1940s. She has been involved in peace and justice projects for most of her life. She is co-founder of Zeitouna, a Palestinian and Jewish Women's Dialogue group.

Mar. 18 • Who (or What) Are You, Really? • Most of us think of ourselves as some sort of combination of ego, psyche, personality, character, roles, and image. Is this all we actually are, or is this a fiction? What do the wisdom traditions say about who or what we truly are? Come join us for a conversation, plus experiments and exercises, in discovering our true nature. Facilitator is **Sandy Wiener** who has served as board chair of Deep Spring Center and of the Rudolph Steiner School. He has led a non-linear life, and has recently been asking the question, 'What really matters?' Guest speakers include **Richard Mann**, Emeritus Professor of Psychology and Studies in Religion at the University of Michigan. His most recent book was a study of the teachings of the founder of Siddha Yoga, Swami Muktananda. His courses have been on psychology and spiritual development, and on consciousness. **George SanFacon** served as Director of the Housing Facilities Department at the University of Michigan, where he pioneered implementing a council-of-equals approach to organizational governance. He now works as a part-time caretaker and host at a private retreat center in Irish Hills, and is active in the environmental movement. He is a deep student of consciousness.

The Crazy Wisdom Calendar

Salons (continued)

April 15 • Resilient Neighborhoods • In these times of climate change, rising energy costs, and economic instability, how can we build stronger communities and more satisfying lives? What if creating networks of mutual support is our best hope for security? Come hear what some Ann Arbor and Ypsilanti neighborhoods are doing to share resources and skills. Join in lively small-group conversations about the possibilities. Facilitator is **Jeanne Mackey**, MSW, a budding conversation host, musician, tree-hugger, and founding member of Transition Ann Arbor. Guest speakers include **Jeff McCabe** (and his wife, Lisa Gottlieb), host of FridayMornings@SELMA (a local-food neighborhood breakfast salon). He is also a People’s Food Co-op board member, and a rabble-rouser. **Lisa Bashert** is an organic gardener, beekeeper, community builder, and steward of the Recreation Park Community Garden. **Natalie Holbrook** is co-founder of the Ypsilanti Bicycling Coalition (Bike Ypsi), and she is developing a small urban farm in her neighborhood.

For more information on the above Crazy Wisdom Bookstore Salons, please contact bill@crazywisdom.net or call 665-2757.

Singing & Songwriting

Naked Voice Singing: Sound Awareness, Sound Values, Sound Wisdom with Nourishing Traditions • Jan. 9, Feb. 13, Mar. 13, April 10; 9:30-11:30 • Naked Voice work is dedicated to recovering the wisdom in the human spirit, in a way that is profound in its compassion and unique for our times. \$30. Contact info@shapingsound.com or shapingsound.com.

New Moon Sing with Tammy Corwin-Renner • On the New Moon; 6:30-7:30 p.m. • A sing for girls 8 to 18 years of age and their mothers, aunts, grandmothers, and female friends. We sing songs and rounds to nourish our relationships with one another, the earth, and ourselves. By donation. For dates, call 786-3991.

Threshold Choir of Ann Arbor with Tammy Corwin-Renner • First and Third Tuesdays of most months; 12:30-2:30 p.m. • We honor the ancient tradition of women singing at the bedsides of people who are struggling, some with living, some with dying. All women are welcome to visit and sing! By donation. We currently do not have childcare. For dates, call 786-3991.

Spiritual Development

Art of Living with Jewel Heart Instructors • Mondays, Mar. 22-May 10; 7-8:30 p.m. • We long for meaning for an effective way to bring insight and heart to the ordinary circumstances and inevitable challenges of our daily lives. On the basis of Gelek Rimpoche’s book, *Good Life, Good Death*, this course will explore pragmatic methods to bring depth, meaning, and joy to our lives. \$80 non-members. Call 994-3387, programs@jewelheart.org or jewelheart.org.

Spiritual Discovery Group based on the Works of Eckhart Tolle with Melanie Fuscaldo • Ongoing • Practice releasing the ego and pain body. Experience silence, spaciousness, and the “joy body”. Awaken to your inner purpose. \$30 per session. For dates and times, contact melaniefuscaldo.com.

Oneness Blessing and Meditation with Lee Schaberg • Monday and Friday, 7-8 p.m. • The Oneness Blessing, a non-denominational transfer of divine energy, initiates a neurobiological change in the brain that enables the senses to be free from interference of the mind. A natural clarity of perception occurs, bringing joy, inner calm, and connection to the oneness in everything. By donation. Call 358-5529, lee.k.s@comcast.net.

Exploring Your SoulSelf with Judy Crookes and Jacob through Gateways Center • Mar. 13, 10-4 p.m. • SoulSelf: a word that can change your future. Soul and self are united in the vast expanse of SoulSelf. Journey with Jacob as they take us to an expanse of self that we have never known. \$45. Bring your own lunch. Call 913-4927 or 332-4666.

Spirit Circle with Layla Ananda through Gateways Center • Jan. 15, Feb. 19, Mar. 19, April 16; Potluck at 6:30 p.m. and Support Group at 7:45 p.m. • A monthly potluck and support group for people on a spiritual journey. Come to one or the other, or both! Bring your dreams and hopes, issues, and challenges. Free with donations accepted. Call 973-0684, layla.ananda@gmail.com.

Flower of Life Workshop 2000+ with Lorna Brown • Feb. 20-21, 9-5 p.m. • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self, and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Based on the work of Drunvelo Melchizedek. \$222. Call 428-8748, starlab6@aol.com or RevLornaBrown.com.

Munay-Ki: Nine Rites of Initiation with Lorna Brown • Tuesdays starting Jan. 5, 10 a.m. or Thursdays starting Jan. 21, 7-9:30 p.m. • The prophecies of the ancient Americas speak about a new human appearing on the planet - one who lives free of fear and resides in his or her transcendent nature. The Munay-Ki are the codes for the new human and are delivered in the form of energetic transmissions. They come to us from the Inca shamen of Peru and are the nine gates that heal us and transform our human energy field into that of homo luminous. \$40 per session or \$200 total. Call 428-8748, starlab6@aol.com or RevLornaBrown.com.

An Introduction to Soul Retrieval with Lorna Brown • Feb. 6, 1-4 p.m. • An introduction to the shamanic journeying process for the purpose of accessing original wounds that we have stored and that may have derailed our destiny. \$10. Call 428-8748, starlab6@aol.com or RevLornaBrown.com.

“The Work” I: Application of “The Work” of Byron Katie with Cathy DeLauter • Jan. 16, 9:30 a.m.-12:30 p.m. • Learn a simple yet powerful technique to transform your thoughts that cause you suffering. Through a series of interactive exercises, video demonstrations, and personal exploration, students will use “The Work” to bring happiness and peace to their life. \$30. Call 994-8847, cdelauter@yahoo.com or cathy.delauter.com.

“The Work” II: Application of “The Work” of Byron Katie with Cathy DeLauter • Jan. 16, 1:30-4:30 p.m. • Practice using the simple inquiry process of questioning stressful thoughts. A continuation of interactive exercises and personal exploration. \$25. Call 994-8847, cdelauter@yahoo.com or cathy.delauter.com.

“The Work”: Forgiveness and Healing Relationships with Cathy DeLauter • Mar. 20, 10-3 p.m. • We will go deeper into applying “The Work” of Byron Katie to heal those relationships that are keeping you from experiencing peace and joy. Must have knowledge or experience in using “The Work”. \$50. Call 994-8847, cdelauter@yahoo.com or cathy.delauter.com.

Preparing for the Triduum: A Contemplative Experience with Mary Pat Dewey through Weber Center • Mar. 29, 1:30-3 p.m. and 6:30-8 p.m. (two individual sessions) • This session will include a presentation on the History of the Triduum Liturgies and their meaning for our life today. We will reflect upon the Paschal Mystery as a means of deepening our personal spirituality and preparing our selves to be immersed in the reality which we celebrate. The experience will include prayer, reflection upon scripture, silence, and sharing. By donation. Call 517-266-4000, webercenter@adriandominicans.org.

Spirituality and the Elder Years with Mary Hopkins through Weber Center • April 19 at 4 p.m. through April 22 at 1 p.m. • There are many definitions of spirituality, most of which refer to spirituality as the wholeness of the person in relation to the body, mind, and spirit. Teilhard de Chardin has captured something of the very essence of spirituality and aging in referring to it as intimacy with god during the later years of life. During this time of retreat, we will explore the spiritual and personal journey we take into the later years of life. \$325 single occupancy, \$225 double or \$150 commuter. Call 517-266-4000, webercenter@adriandominicans.org.

Seals of Solomon Activation Part One with Karlita Zarley • Feb. 13, 9 a.m.-1 p.m. • The 26 Seals of Solomon contain the wisdom that each of us gained in previous lifetimes in various ancient cultures and is stored within each of us. This activation begins the Unichakra process, clearing the DNA of trauma and opens the first five seals, covering the Egyptian, Mayan, Mu, Atlantean, and Druid lifetimes. \$225 includes light refreshments. Call 433-9333.

Lightworker Activation Group with Sandya • Weekly meetings • As a lightworker, you have incarnated at this special time in order to facilitate the transition to the next age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. For dates, times, and cost, call 913-9670, sandya2013@yahoo.com or facebook.com/business/.

Byron Katie’s “The Work” Study Group with Cathy DeLauter with Interfaith • Tuesdays, 7-8:30 p.m. • Learn an easy, gentle, and amazingly effective technique to clear your mind of stressful thoughts, resulting in a more peaceful life in this ongoing, drop-in study group, through a series of discussions of the book, *Loving What Is* by Byron Katie, interactive exercises, video demonstrations, and personal exploration. \$5 donation and one-time \$4 materials fee. Call 994-8847, cdelauter@yahoo.com.

Higher Consciousness Group with David Winfree with Interfaith • Thursdays, 7 p.m. • All invited to join a group discussion and to practice techniques to raise one’s consciousness with a local master who has experienced a profound shift of consciousness. By donation. Call 353-0906, dwinfree@charter.net.

Points of Light: Science of Mind Study Group with Erin Fry with Interfaith • Wednesdays, 5:30-7 p.m. • The group studies Science of Mind philosophy and principles and how to use them in daily living, including the reading and discussion of Science of Mind materials and the work of Ernest Holmes, and Science of Mind daily spiritual practices such as affirmation, affirmative prayer, meditation, and visioning. By donation. Call 277-4858, erin@chelsearesolution.com.



Frank Levey is a practitioner and teacher of the natural healing arts, meditation and wilderness living skills. Along with his wife, Larissa, he runs Blue Turtle Nature Awareness and Wilderness Living Skills Camp in Ann Arbor. His *Transformational Breathwork* classes and workshops can be found in the Breathwork section, and his *Wilderness Skills* class can be found in the Nature Awareness section, as well as in the Children and Young Adults section.

Stress Management

Harmony of Energy: Self-Help Series with Wasentha Young • Fridays, 5:30-7 p.m. • \$50 for each or \$140 for the series. Call Peaceful Dragon School at 741-0695, peacefuldragonschool.com.

Jan. 18 • Introduction to Meditation • Become familiar with popular types of meditation, including sitting, standing, imagery, guided, sounding, and moving.

Jan. 25 • Self-Acupressure • Learn how and where to apply pressure to reduce muscle tension and stress for the neck, shoulders, arms, hands, lower back, and knees.

Feb. 1 • Setting Healthy Boundaries • Experience safe and playful interactive exercises that will enhance your ability to listen, adhere, yield, and neutralize force as you become familiar with the visceral experience of boundary setting.

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • Part 1: Feb. 16, Part 2: Feb. 23; 2-3:30 p.m. • Tune into messages from your body, mind, and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and gain information from your inner wisdom. Leave with coping strategies to increase your effectiveness. \$30 per session. Contact melaniefuscaldo.com.

Mind-Body Skills for Stress Reduction with Melisa Schuster • Mar. 9, 7:30-9 p.m. • This hands-on class is chock full of ideas and exercises to help you reduce and successfully manage the ever-increasing stress in your life. Dress comfortably and bring a blanket or mat and pillow if desired. \$25. Call 302-0033, melisaschuster.com.

Setting the Stage for Test Taking with Nourishing Traditions • Jan. 8, Feb. 12, Mar. 12, April 9; 4-6 p.m. • Experience and practice tools and techniques to create a stress-free, relaxed learning and test-taking environment. \$30. Call 213-0435, info@beinawe.com or beinawe.com.

Tai Chi, Martial Arts & Self Defense

Youth Karate with Barb Christensen at Mind, Body + Spirit Academe • Tuesdays, 6-8 p.m. and Thursdays, 4-6 p.m. • The art of karate has been passed from generation to generation through oral tradition and hand to hand teaching. The Okinawan Karate Club of Ann Arbor is a group dedicated to the teaching of Grandmaster Eizo Shimabukuro's Karate, Kobudo, and Jujitsu. For cost, call 665-2840, BLChristensen@earthlink.net.

Yin Style Bagua with Scott Berry • Mondays and Thursdays, 6:45-8:45 p.m. and Saturdays, 11:30-1:30 p.m.

• Classes focus on strike training, forms, circle walking, strengthening postures, and applications. \$50 per month. Call 846-0661, scott.berry@yinstylebaguazhang.com or a2bagua.com.

Adult Okinawan Karate with Missy Siudara at Mind, Body + Spirit Academe • Sundays, 10-Noon • Adult martial arts designed for health, self-defense, and physical fitness. \$65 per month. Contact snowryu33@yahoo.com.

Wu Style Tai Chi Chuan with Genie Parker • Mondays, Tuesdays, Wednesdays, and Thursdays at 6 p.m.; Sundays at 2:15 p.m. and 4 p.m. • Wu Style tai chi chuan is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. \$45 per month for one class per week. \$70 per month for two classes per week. First class is free. Call 248-229-1060, info@wustyle-annarbor.com or wustyle-annarbor.com.

Tai Chi Beginner Class with Wasentha Young at Peaceful Dragon School of Tai Chi Chuan • Mondays and/or Thursdays, Jan. 4-April 22; 7:15-8:30 p.m. • Tai Chi is a Chinese internal style of martial arts emphasizing the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of well being are enhanced. \$180. Call 741-0695, peacefuldragonschool.com.

Martial Arts Classes with Wasentha Young at Peaceful Dragon School of Tai Chi Chuan • Winter Session: Jan. 4-April 22 • Ongoing classes are offered in Tai Chi, Form, Push Hands, and Sword. For complete information, please call 741-0695, peacefuldragonschool.com.

Introduction to Tai Ki with Barbara Marynowski • Four Wednesdays: Jan. 6-27, Feb. 3-24, Mar. 3-24 or April 7-28; 6:30-7:30 p.m. • Experience this unique, soft, and beautiful Japanese martial art while also benefitting your well being and reducing stress using Juko-Kai breathing techniques. All ages and abilities welcome. \$60 for four weeks. Call 248-318-4924, BarbMarynowski@aol.com or WhiteCraneMichigan.com.

Wu Style Tai Chi with Marilyn Feingold and John Adams at Jewel Heart • Most Sundays, Jan. 3-April 25 (no dates in Feb.), 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. \$5 donation. Call 994-3387, programs@jewelheart.org or jewelheart.org.

Tai Chi Classes for Cancer Survivors and Caregivers with the Wellness Community • Mondays, 10 a.m. • Free. For more information, call 975-2500, thewellnesscommunity.org/SEMICH.

Tai Chi and Martial Arts Classes through White Crane • For their complete schedule, please call 417-7161.

Beginning Tai Chi with Richard Miller of Ann Arbor Tai Chi • Beginning in January: Mondays and Thursdays, 5:30-6:30 p.m. • Class includes tai chi basic practices and tai chi form with an emphasis on balance, relaxation, and whole body unity. \$85 per month. Call 973-0226, ribrumi@sbcglobal.net or annarbortaiichi.com.

General Listings for Local Tai Chi and Martial Arts Classes:

Asian Martial Arts • For their complete schedule, please call 994-3620.

Quest Center • For their complete schedule, please call 332-1800.

B.C. Yu Martial Arts Center • For their complete schedule, please call 994-9595.

Family Martial Arts • For their complete schedule, please call 475-3622 or familymartialarts.us.

Huron Valley Aikikai • For their complete schedule, please call 761-6012 or hv-aikido.com.

Martial Arts Advantage • For their complete schedule, please call 996-9699.

Aikido Yoshokai Association of North America • For their complete schedule, please call 662-4686.

Arts in Motion Dance and Music Studio • For their complete schedule, please call Amanda at 222-6246, amanda@artsinmotion.net or artsinmotion.net.

The Crazy Wisdom Calendar will be posted online starting January 1, 2010, at crazywisdom.net.

The Crazy Wisdom Calendar

Tarot & Divination

Drop-In Tarot/Psychic Readings with Rebecca Williams in the Crazy Wisdom Tea Room • Thursdays, 6-9 p.m. • \$1 per minute. No appointment necessary. Call 660-9680.

Drop-In COSMO Readings with John Fredericks in the Crazy Wisdom Tea Room • First and Third Saturday of each month, 10:30 a.m.-1:30 p.m. • Take a moment to explore your inner psyche and cosmic connections with COSMO, a delightfully rational divination system. The board is our mental map. The cards, similar to Tarot, represent fate and the forces, events, and people in our lives. The combination presents us with a psychologically sound, yet energetically and spiritually connected tool to explore the complexities of our lives. \$1 per minute. No appointment necessary. Call 368-1780, johnrhino@comcast.net.

Drop-In Tarot and Astrology Readings with Jillian Kerry in the Crazy Wisdom Tea Room • Second and Fourth Saturdays of each month, 10:30 a.m.-1:30 p.m. • Jillian uses Tarot and astrology tools to understand where clients are in their lives and where they are going, in order to help coach them with issues such as career, relationships, personal or spiritual growth, and health improvement. Value based payment system. No appointment necessary. Call 395-4999, jilliankerry@gmail.com.

Drop-In Intuitive Tarot Readings with Joshua Wilde in the Crazy Wisdom Tea Room • Sundays, 11:30-2 p.m. • Joshua Wilde studies the Tarot from a wide variety of angles: psychological, Kabalistic, astrological, numerological, and esoterically. \$1 per minute. No appointment necessary. Call 517-402-3260.

Palmistry Readings with Vijayalaxmi Shinde in the Crazy Wisdom Tea Room • Sundays, 2:30-5:30 p.m. • Vijayalaxmi offers the ancient Indian science of palm reading and numerology information for the positive direction and welfare of her clients. \$1 per minute. No appointment necessary. Call 734-222-9160.

Tea Events

Tea with the Fairies at Crazy Wisdom Tea Room • Feb. 25 with seatings at 1 p.m. and 4 p.m.; Mother’s Day, May 9 with one seating at 1 p.m. • Children and their families are welcome for tea and petits fours served by real-life fairies! Celebrate with our magical fairies as they serve tea, treats, and magic. There will be story time read from books available from Crazy Wisdom Bookstore. Fairy attire is encouraged. Be creative! \$10.50 per person. Tickets are available by stopping in to Crazy Wisdom or by phoning prior to event. Babies 18 months and younger free. For information, call 665-2757, lily@crazywisdom.net.

Therapy & Support Groups

Tranquility with Kristin Blackburn • Thursdays, Jan. 21-April 8; 9:30-11 a.m. • Twelve-week support group for women dealing with and healing compulsive behaviors, including issues with eating, spending, perfectionism, and sexuality. Utilizing an approach based on Charlotte Kasl’s *16 Steps to Empowerment and Self-Discovery*, we will identify underlying factors contributing to complusive behaviors, develop constructive coping strategies, and improve self-nourishing behaviors while receiving support from others who understand your struggle. Space is limited. \$35 per week. Call 994-1531, kblackburn@mail.com.

Falling Awake: Mindfulness for Depression and Anxiety with Lynn Sipher • Thursdays, Feb. 18-April 15; 1-2:30 p.m. • Eight-week skill based class for learning how to stay out of the way of negative thoughts that accompany depression and anxiety. Designed to help with being more fully present in your life, nonjudgmentally, through the practice of mindfulness meditation. No class Mar. 11. \$320 includes book and 1/2 hour appointment. Call 332-3365, lynnsipher@gmail.com or lynnsipher.com.

Tapestries: A Group for the Healing of Sexual Trauma with Anita Rubin-Meiller and Dawn McCalla • 15 Thursdays beginning in Feb., 6 p.m. • Our successful approach to building and strengthening skills for reducing the distressing impact of sexual trauma includes didactic presentations, discussion, creative/experiential activities, mindfulness practices, and the development of supportive relationships. An informational interview prior to attending group will help you decide if the group is a good fit for your needs. \$60 per session with sliding scale available. Call Anita at 332-0669, anita1018@sbcglobal.net or tapestries4healing.com.

Anxiety: Taking Control of Your Life with Laurie Krauth • Use cognitive-behavioral therapy and acceptance and commitment therapy to direct your life where you want it to go while putting your anxiety in its place! \$40 per session. For dates and times, call 973-3100, LKrauth@comcast.net or nathanlaunch.com/lauriekrauth.

Intro to PSYCH-K with Rita Soman • Jan. 15 • Go beyond “what it is”, and “why it is”, to how to achieve your goals in life easily and effortlessly. Learn how easily you can change limiting beliefs into self-enhancing ones. \$15. For times, call 503-307-3287, rsoman1@msn.com or beliefmantra.com.

Intro to PSYCH-K with Rita Soman • Mar. 5 at Crazy Wisdom Community Room • See above description. \$15. For times, call 503-307-3287, rsoman1@msn.com or beliefmantra.com.

Basic PSYCH-K with Rita Soman • Jan. 16-17 • Learn how to identify and change your limiting subconscious beliefs into self-enhancing ones. Learn to define your goals to your subconscious mind in the sensory-based language and free yourself from your painful past! \$350. For times, call 503-307-3287, rsoman1@msn.com or beliefmantra.com.

Basic PSYCH-K with Rita Soman • Mar. 6-7 at Crazy Wisdom Community Room • See above description. \$350. For times, call 503-307-3287, rsoman1@msn.com or beliefmantra.com.

Transgender

Families and Friends on the Gender Continuum with Staff from the U-M Comprehensive Gender Services Program • First meeting held Jan. 19, 5:30 p.m. • A group for families and friends of gender questioning or transgendered individuals to discuss questions and concerns, build support for each other, and link to other resources. \$10 per session with sliding scale available. Call Anita Rubin-Meiller at 332-0669 or Halley Crissman at 989-600-6661, med.umich.edu/transgender.

Women’s Health

Moon-a-pause: Women’s Series with Merri Walters • Feb. 13, 10-4 p.m. • We will discuss the use and benefits of flower essences, herbs, and natural practices to strengthen health and reactivate “woman power”. Moon-a-pause, when feminine creative energies transition into the wise woman phase of life, and the wisdom of the ages vies with menopause, hormone imbalances, hot flashes, memory loss, weight gain, and concerns about maintaining vitality and enhancing sexual energy flow. \$250 with early registration discount offered. Call Drew at 663-3160, info@sacredessences.com or sacredessences.com.

Womenspirit

What Happens When Women Wake Up? Workshop with Pat Fero • Feb. 21, 1-4 p.m. at Crazy Wisdom Community Room • Connect with other women in circle to explore and nurture the “role of the collective feminine in planetary awakening”. \$25. Call 717-8384, pat_fero@yahoo.com or patriciafero.com.

What Happens When Women Wake Up? Retreat with Pat Fero • April 24 at 9 a.m. through April 25 at 2 p.m. • Connect with other women and uncover the part you are here to play in this great planetary awakening. We are all here for an important reason. Discover yours. \$150 includes meals and lodging. Call 717-8384, pat_fero@yahoo.com or patriciafero.com.

Women’s Metaphysical Discussion/Support Group with Cathy DeLauter • Jan. 28, Feb. 25, Mar. 25, April 29; 7-8:30 p.m. • Informal discussion of metaphysical books. Share what’s going on for you and receive support from other women. Includes a short meditation. \$5 per session. Call 994-8847, cdeLauter@yahoo.com or cathy.delauter.com.

Women’s Intuitive Living: Candle Smoke Readings with Barbara Marynowski • Jan. 26, Mar. 23, April 20; 7-8:30 p.m. • Come experience this unique form of fire divination that includes intuitive interpretation of images created by candle smoke on card stock. A fun way to get a clairvoyant reading! \$15. Call 248-318-4924, WIntLiving@aol.com or WIntLiving.blogspot.com.

Women’s Intuitive Living: The Goddess Within with Barbara Marynowski • Feb. 23; 7-8:30 p.m. • We will explore ideas about goddess energy and divine feminine and how they apply to our lives today. Exercises for feeling and sensing these energies as well as discussions of personal encounters will be included. \$15. Call 248-318-4924, WIntLiving@aol.com or WIntLiving.blogspot.com.

Women’s Intuitive Living: Intuitive Problem Solving with Barbara Marynowski • April 27, 7-9 p.m. • A hands-on class with specific exercises and techniques to help develop your intuitive self-help abilities, including dream interpretation, color meditations, and art/drawing meditations. \$30 includes supplies. Call 248-318-4924, WIntLiving@aol.com or WIntLiving.blogspot.com.

Women’s Circle Meditation with Kathi Finney • Jan. 28, Feb. 18, Mar. 18, April 22; 6:30-8 p.m. • Come and join the circle to connect and heal your inner power for true direction in your life. Learn to trust and honor your own inner guidance. Experience the safe containership of loving sharing that occurs in this sacred circle, where women can speak their truth in privacy and confidence. Participate in group meditation to heal not only yourself, but others, too. \$15. Call 734-416-5200, info@bodywork-shealingcenter.com.

Work & Right Livelihood

Live Your Career Dream with Melanie Fuscaldo • Part 1: Feb. 5, Part 2: Feb. 12; Noon-1:30 • Begin to identify your unique career dream and action steps to create it in your life. \$30 per session. Contact melaniefuscaldo.com.

Writing & Poetry

Work-In-Progress Reading Series in the Crazy Wisdom Tea Room • Feb. 3 and 17, Mar. 3, 17 and 31, April 7; 7 p.m. • This Series gives established writers a space to present new work, especially work that incorporates music, performance, visual arts, and experimental narrative, challenging people to engage more than they normally would at a reading. For more information, email cafecomitatus@yahoo.com or <http://wipreadingseries.blogspot.com/>.

Yoga

Posture Yoga with Ita Reyes at Mind, Body + Spirit Academe • Saturdays, 9-10 a.m. • This class focuses on strengthening the core muscles while opening and stretching the hips. Poses are held to build endurance and breath work will release tension so flexibility of the spine and hips can be achieved. First class is free. \$115 for ten classes or \$13 drop-in. Call 604-5697, itayoga@comcast.net.

Ashtanga Yoga with Ita Reyes at Mind, Body + Spirit Academe • Fridays, 5:30-6:45 p.m. • This practice intends to heat up the body, promoting increased flexibility while detoxifying and strengthening the entire being. Classic sun salutations combined with variations help the body regain its natural range of motion, providing overall health and well being. The class moves at a comfortable pace, making it a welcoming environment for all interested to come. First class is free. \$115 for ten classes or \$13 drop-in. Call 604-5697, itayoga@comcast.net.

Bikram Yoga Ann Arbor Classes • All classes are great for beginners. 31 classes per week in a 105 degree room. Be prepared to sweat! New student special: ten days for \$20. Call Lora Rosenbaum at 975-0505, bikramyogaa2@gmail.com or bikramyogaaanarbor.com.

Transformation Yoga Weekend at Self Realization Meditation Healing Centre • April 24-25 • For all levels and abilities. Stretch, strengthen, and relax with Transformation Hatha yoga classes Saturday and Sunday mornings. \$115 includes lodging and vegetarian meals. Call 517-641-6201, info@SelfRealizationCentreMichigan.org.

Vinyasa Yoga with Ellen Livingston • Mondays and Wednesdays, 9:30-11 a.m. • Moderate pace, small group classes. Appropriate for men and women, beginning to intermediate levels. Classes include meditation, philosophy, breathwork, and asanas, and are followed with a raw food snack. Join our healthy yoga community! \$15 drop-in or 10-20% off multiple class passes. Call 995-0875, livingyoganow.com.

Yoga Postures with Optional Lunch with Diane Kimball and Dorothy Ann Coyne of Deep Spring Center • Wednesdays, 10:30-Noon • Class structure will be sitting meditation, yoga postures, and relaxation. Please bring a mat and/or blanket to class if you have your own. Optional lunch after session, brown bag or pick up something nearby. Offered as dana with donations to DSC appreciated. All are welcome. Call 477-5848, info@deepspring.org.

Yoga Serves Community Potluck with Christy DeBurton • Jan. 24 • Take your yoga practice off the mat and into our community. Join a service team and make new friends. We serve the hungry, the environment, the arts, youth programs, animal welfare, and other good causes. Free. Bring a vegetarian dish to pass. For time, call 761-8409, info@christydeburton.com.

Yoga Classes at The Yoga Room with Christy DeBurton • The Yoga Room offers a relaxed and intimate atmosphere, an alternative to commercial studios and gyms. Classes are small, a maximum of ten, to allow individual attention. Christy teaches all classes unless otherwise noted. Stay for tea after class! For description and fees, call 761-8409, info@christydeburton.com.

Monday:

5:45-6:45 p.m. • Vinyasa

7-8:15 p.m. • Hatha with Christina

Tuesday:

9:30-10:45 a.m. • Hatha

5:45-6:45 p.m. • Ashtanga/Vinyasa

7-8:15 p.m. • Energy Flow

Thursday:

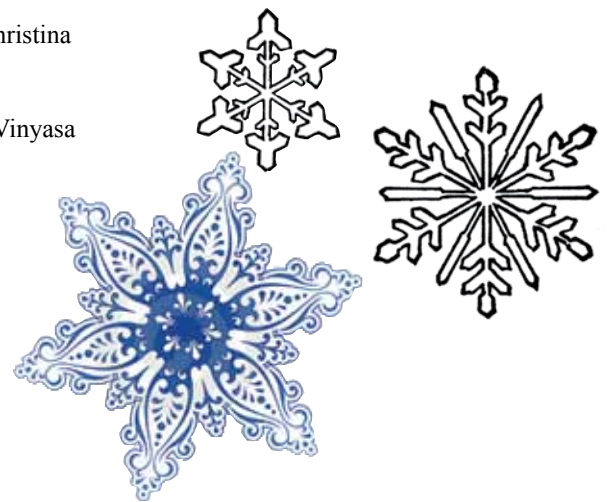
4:30-5:30 p.m. • Hatha

6-7:15 p.m. • Vinyasa

Saturday:

8:30-9:45 a.m. • Vinyasa

10-11:15 a.m. Energy Flow



Tea with the Fairies at Crazy Wisdom

**February 25th - two teas, 1 p.m. & 4 p.m.
Special Mother's Day Tea, May 9th, 2 p.m.**

**Children and their families are welcome
for tea and petits fours served by real-life fairies!**

**Celebrate with our magical fairies
as they serve tea, treats, and magic.**

**There will be story time read from books
available from Crazy Wisdom Bookstore.**

Fairy attire is encouraged. Be creative!

\$10.50 per person.

Babies 18 months and younger free.

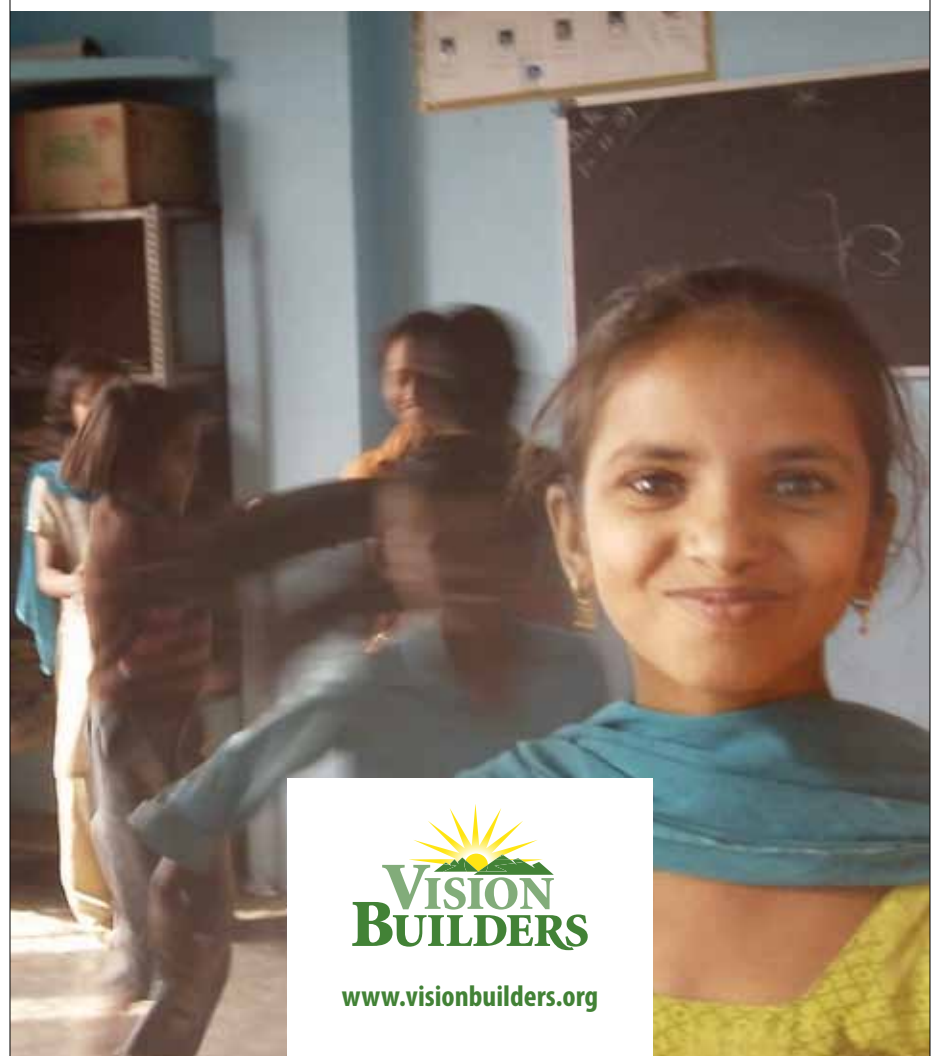
For information, call 665-2757, lily@crazywisdom.net.

Tickets may be purchased in person or by phone.



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For 15 years, Ann Arbor based Vision Builders has been working with partners in India, Tibet and the Himalayan region to bring healthcare, clean water, education, and self-empowerment to people in the developing world.



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www.visionbuilders.org

The Crazy Wisdom Calendar

Yoga (continued)

Yoga Classes at Zen Buddhist Temple • Six Tuesdays starting Jan. 12, Mar. 2, April 13 • Beginning and experienced students in the classes learn traditional (hatha) yoga postures with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill early. \$60 for six sessions or \$12 per class. For cost and information, call 761-6520, annarbor@zenbuddhisttemple.org.
Yoga I • 6-7:30 p.m. • For absolute beginners.
Yoga II • 6:30-8 p.m. • For those who already know the postures.
Yoga II with David Black • Thursdays starting Jan. 14, Mar. 4, April 15; 6:30-8 p.m.

Iyengar Yoga Classes with Karen Ufer at Yoga Focus • Winter session: Jan. 4-Feb. 28 • This system of yoga stretches, strengthens, and enhances well being through the effort of muscles, organs, nerves, and circulation. Classes for all levels, including prenatal and gentle. \$15 drop-in or \$13 per class if signed up for eight-week session. Call Karen at 668-7730, info@yogafocusannarbor.com or yogafocusannarbor.com.

Yoga Classes with Ema Stefanova • Members receive a discount. For more information, call 665-7801, EmaStefanova@cs.com or YogaAndMeditation.com.
Open Level Yoga • Mondays, Wednesdays, Fridays at 9:15-10:30 a.m. or Mondays at 6:10-7:25 p.m. • This class will peacefully energize you, stimulate your bodily functions, and calm your emotions. \$159 for ten weeks.
Prenatal Yoga and Relaxation • Fridays 10:45-Noon • This class will prepare you for the special time of becoming a parent. \$159.
Beginner’s Yoga • Tuesdays 4:15-5:30 p.m. • \$159.
Mommies Do Yoga • Wednesdays 3-4 p.m. • \$159.
Yoga Therapy for Anxiety and Depression • Jan. 30, 2-4 p.m. • Call for cost.
Yoga Therapy for High Blood Pressure • Feb. 27, 2-4 p.m. • Call for cost.

Gentle Yoga Meditative Postures with Nourishing Traditions • Tuesdays: Jan. 5-Feb. 9 and Mar. 2-April 13, 6:30-8 p.m. • Concentrated focus on full yogic breaths during and coming in and out of yoga stretch, with emphasis on “not too much, not too little”, allowing breath and gravity to do the work for you while you develop the art of listening to what is essential. \$90 for six weeks. Call 213-0435, info@beinawe.com or beinawe.com.

Rigorous Intermediate Yoga Meditative Poses with Nourishing Traditions • Wednesdays: Jan. 6-Feb. 10 and Mar. 3-April 14, 5:30-7 p.m. • Concentrated focus on full yogic breaths during and coming in and out of asanas, allowing breath and gravity to do the work for you while you develop the art of listening to what is essential. \$90 for six weeks. Call 213-0435, info@beinawe.com or beinawe.com.

Yoga Classes with Michele Bond of Yoga House • Anusara blends the science of biomechanics with an openhearted, uplifting philosophy. Anusara brings us Universal Principles of Alignment that are an invaluable aid to learning the postures and deepening your understanding of the body. \$12 if registered or \$15 drop-in with permission. Call 358-8546, yogahouseannarbor.com.
Open Level Yoga • Sundays 7:30-9 p.m., Thursdays 9:30-11 a.m. or 5:45-7:15 p.m., Saturdays 10-11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class based on the teachings of Anusara Yoga.
Yoga for Athletes • Wednesdays 6-7:30 p.m. • Enjoy an energetic practice to increase strength, flexibility, agility, balance, and mental focus. Learn how correct alignment enhances joint function, decreases risk of injury, and can aid in healing pre-existing injuries.
Yoga Essentials • Tuesdays 5:45-7:15 p.m., Wednesdays 8-9:30 p.m. • For those new to yoga, or new to this system. Begin a journey into the principles and philosophy and learn the essentials for a rewarding practice.
Yoga Happy Hour: Restorative Yoga • Fridays 5:45-6:45 p.m. • Simple breathwork to balance your energy, gentle stretching, and supported postures help your stress melt away. No yoga experience required. \$10.

Yoga Classes through Inward Bound Yoga • Winter Session: Jan. 11-Feb. 27, Late Winter Session: Mar. 8-April 24 • Inward Bound Yoga offers a variety of approaches to the ancient discipline of yoga, including four levels of hatha yoga instruction, prenatal and postnatal yoga, Ashtanga yoga, meditation for yogis, and vinyasa flow classes coordinated with music. For class descriptions and fees, visit ibyoga.com. To contact Inward Bound: info@ibyoga.com.
Monday:
4:30-5:30 • Viniyoga to Music with Sandy
5:45-7:15 • Level 2-3 with Martha
Tuesday:
9:30-11 a.m. • Morning Yoga with Lynette
4:15-5:15 p.m. • Yoga for Kids with Adele
5:45-7:15 p.m. • Level 1 with Janine
7:30-9 p.m. • Enneagram with Su

Wednesday:
7:30-8:30 a.m. • Wake-Up Yoga with Janine
4-5:30 p.m. • Breath, Meditation, Posture with Dottie
5:45-7:15 • Level 2 with Lynette
7:30-9 p.m. • Level 2 with Martha
Thursday:
5:30-7:15 p.m. • Posture Flow to Music with Aileen
7:30-9 p.m. • Level 1-2 with Barbara B.
Friday:
7:30-8:30 a.m. • Wake-Up Yoga with Roddy
9:30-11 a.m. • Prenatal Yoga with Marlene
11:15-12:30 • Postnatal Yoga with Marlene
Saturday:
8:15-10 a.m. • Ashtanga Yoga with Jonathan

Yoga Classes for Cancer Survivors and Caregivers with the Wellness Community • Thursdays, 11 a.m.-12:15 p.m. • Free. For more information, call 975-2500, thewellnesscommunity.org/SEMICH.

Harmony Yoga of Ann Arbor Winter Classes with Karen Husby-Coupland • Harmony Yoga is a small, friendly yoga studio on Ann Arbor’s West side. All classes are taught in the Iyengar method. Come try your first class for free! \$70-\$84 for seven-week session. Call 222-9088, harmonyyogaannarbor.com.

Yoga Classes with Sue Salaniuk, Nancy Udow, and Sally Rutzky at The Yoga Space • Jan. 4-Feb. 27 and Mar. 8-April 24 • Iyengar yoga improves balance, strength, flexibility, endurance, and mindfulness. Classes include yoga poses, breathing, and meditation, and accommodate the needs of individuals. Beginning and experienced yoga classes offered during the weekday, evenings, and Saturdays. Eight-week series: \$66 one hour, \$88 for 90 minutes, \$115 for two hours. Seven-week series: \$58 one hour, \$77 for 90 minutes, \$100 for two hours. For complete information, call Sue at 622-9600, sue@yogaspace.info or yogaspace.info.

Yoga Classes with Nancy McCaochan of Evolve Yoga • For complete schedule, please call 454-9642, evolve-yoga.net.

Iyengar Yoga Classes with Laurie Blakeney at Ann Arbor School of Yoga • Ongoing classes offered • Come join progressive, safe, and transformative Iyengar yoga classes. For cost, call 663-7612, annarborschoolofyoga.com.

Yoga Classes with Sondra O’Donnell and Certified Sun Moon Yoga Teachers • \$14 drop-in with reduced rates for registration or package purchase. For more information, please call 929-0274 or sondra@annarboryoga.com or sun-moon-yoga.com.
Basic Yoga • Tuesdays 9:30-10:45 a.m., Wednesdays, 6-7:30 p.m., Saturdays 10:45-Noon, Sundays 9-10:15 a.m.
Yoga Nidra • Jan. 24, 1-2 p.m. • A systematic approach to profound rest.
Spirited Yoga • Mondays 6:15 p.m., Thursdays 9:30-10:45 a.m. and 5:45-7 p.m. • Vinyasa-style yoga class.
Better Backs Yoga • Mondays 7:45-9 p.m., Thursdays 11 a.m.-12:15 p.m., Sundays 10:30-11:45 a.m. • Slow-paced restorative class.
Kripalu Yoga with Tanya Thunberg • Tuesdays 5:30-6:45 p.m.
Pranayama Workshop • Feb. 6, 9-10 a.m. • Yoga breathing techniques to help calm the mind and maintain steady alertness.
Yoga Story Time • Jan. 23 and Mar. 6, 1-2 p.m. • For all ages, we will read stories from traditional works such as the *Ramayana*, *Mahabharata*, and *Srimad Bhagavatam*. Free.
Yoga en Espanol • Los Jueves, los 7, 14, 21 y 28 de enero; 12:30-1:45 p.m. • El yoga es una tecnica o ciencia de crecimiento personal. Trabaja el cuerpo fisico, las glandulas endocrinas, los organos internos a la vez que busca conectar la mente inconsciente con la consciente y nos permite observar nuestros patrones mentales. La finalidad de esta disciplina es ayudarnos a mantenernos sanos, encontrar la felicidad tanto a nivel fisico como a nivel mental y espiritual y que nos podamos sentir realizados. \$30 sesion.

Yoga Teacher Certification Programs with Sondra O’Donnell • For more information, please call 929-0274 or sondra@annarboryoga.com, sun-moon-yoga.com.
Yoga Teacher Certification Program 200 Level • Five Weekend Intensives: Jan. 22-24, Feb. 5-7, Mar. 5-7, April 16-18, May 14-16 with additional student teaching hours required • With a team of yoga and health professionals, this program offers hands-on practice, theory, and teaching methodology with a strong foundation in traditional yoga. Includes anatomy, physiology, yoga philosophy, yoga theory, yoga techniques, and how to teach safely and effectively. \$2,600 with discounts available.
Multidimensional Yoga Therapy Professional Yoga Therapist Certification Program 500 Level • Course starts Jan. 22 • See above description. In addition, we will cover ayurvedic diagnostics, client assessment, practice planning, and completion of case studies on special topics in health addressing specific needs of specialized populations. \$3,600. Visit multidimensional yogatherapy.com.

Yoga Classes at Arts In Motion Dance and Music Studio • For complete schedule, call Amanda 222-6246, amanda@artsinmotion.net or artsinmotion.net.

Teachers, Lecturers, Workshop Leaders and the Centers



Rachel Eckenrod is an Intuitive Energy Healer, specializing in Whole Being Alignment. She is leading a *Weekly Chakra Study* group, which is listed in the Chakras section. Two of her classes and programs can be found in the Aromatherapy section: “*Hand Treatment Supreme: Coconut Oil Sea Salt Scrub and Lotion Making*” and “*Personal Scent – Create a Scent Just for You, Just in Time for Valentine’s Day*”.

Aaron is a spirit who has been a Buddhist monk and scholar in previous lifetimes and is a being of great love and wisdom. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition.

Linda Adamecz, LMSW, has worked as an individual therapist, group facilitator, and case manager in the field of mental health for over 20 years. She is certified as a Practitioner of Integrative Breathwork and Psycho-Spiritual Integration with Eupychia Institute for 12 years.

Laurie Akerros, BA, MA, LMT, is a teaching member of the Worldwide International Network of Esoteric Healing Group and has over 25 years training and experience in holistic healing. Her formal education was in psychology and she is also a bodyworker, craniosacral therapist, energy healer, and vibrational essence therapist.

Don Allen is a musician, teacher, and healer. He is a trained Health Rhythms Facilitator and Drum Circle Facilitator, and a member of the Drum Circle Facilitators Guild.

Allen Creek teachers bring decades of experience, consulting, and authorship in early childhood education.

Layla Ananda, MA, LLP, is a local psychotherapist, musician, intuitive, and spiritual teacher.

Michael Andes, LMSW, has led or co-led over 20 groups, retreats, and workshops for men since 1974.

Ann Arbor Institute of Massage Therapy instructors are highly trained to assist each student on an individual basis. All belong to a massage therapy organization and are certified by the National Certification Board for Therapy Massage and Bodywork, which requires ongoing continuing education.

Ann Arbor Swing Dance Association promotes and sponsors traditional swing dances with roots in the decades of the 1920-1940’s such as charleston, lindy hop, collegiate shag, east coast swing, balboa, and blues. Their goal is to bring lessons and workshops to the dance community and to promote local swing dancing venues.

Aprill Wellness Center Staff includes Integrative Psychiatrists, Acupuncturists, Aestheticians, Yoga Instructors, Life Balance Coaches, and more.

Arts in Motion Dance and Music Studio offers dance and music classes for toddlers, children, and adults.

Eve Avrin is a clinical psychologist in private practice at The Parkway Center, and is a seasoned meditator.

Leland Austin, MA, a Certified Advanced Rolfer, has practiced Rolfing for 25 years. For five years, he studied Bodydynamics, a body oriented psychological work from Denmark. For 11 years, he has been a student of the Diamond Approach, a contemporary spiritual path that combines elements of object relations psychology, body sensing, and breath work with chanting and meditation.

Marliesa Back has been working as an animal communicator for 14 years. She teaches intuitive development and Reiki, and offers readings and healing sessions.

Nancy Bahlman began her study of astrology four decades ago, and has read for clients for the past 25 years. She was certified in Astro Cartography by Jim Lewis and wrote a monthly column called “Star Gazing” for phenomeNEWS for 14 years.

Barony of Cynnabar is the local branch of the Society of Creative Anachronism, an international non-profit educational organization that researches and recreates the art, sciences and technology of pre-17th century Europe.

Robin Becker is an internationally recognized teacher who is a professional dancer and choreographer. Robin began studying Continuum in 1992 and became an Authorized Teacher in 2001. Throughout her life, she has been integrating movement, artistic expression, spirituality, and healing.

Christopher Bednash is a local artist, activist, and Crazy Wisdom employee. Debs Co-op is a local vegetarian student cooperative house that supports the creative and activist projects of its members.

Rev. Dave Bell is an Interfaith minister who founded the Interfaith Center for Spiritual Growth in 1998 to honor the Truth found in all religious traditions.

Scott Berry has been a dedicated martial arts practitioner since 1991 and studies under He Jinbao of Beijing, China.

Bikram Ann Arbor yoga teachers are all certified by Bikram.

Kristin Blackburn, MSW, LMSW, is a local psychotherapist who specializes in working with women regarding relationships, life transition, and family of origin issues, including childhood abuse and neglect.

Laurie Blakeney is an advanced certified Iyengar yoga instructor and has been teaching in Ann Arbor since 1977.

Chrissie Blaze is a professional astrologer, international speaker, and author of seven published books. She graduated from the Faculty of Astrological Studies in London in the early 1980’s.

Carol Blotter has been practicing Vipassana meditation since 1989 and has been teaching since 1999. She is a teacher for The Forest Way, an organization dedicated to providing retreat opportunities conducive to spiritual growth, and for Deep Spring Center.

John Bodary is a Registered Polarity Practitioner.

Eileen Bond is a spiritual and holistic psychotherapist, supervising faculty at UMUCCF, and private practitioner.

Michele Bond has a strong background in martial arts, dance, and competitive synchronized swimming, along with training in gymnastics, stunt fighting, and swordplay. Her practice of yoga began in her teens and continues to unfold under the constant inspiration of her teacher, John friend, the founder of Anusara Yoga.

Patty Brennan, director of Center for the Childbearing Year, has been an advocate for childbearing families for over 25 years as a childbirth educator, doula, and midwife. Her books include *Whole Family Recipes*, *Guide to Homeopathic Remedies for the Birth Bag*, and *Vaccines and Informed Choices*.

Dr. Andrea Brisson, DC, ND, CCWP, has been a leader in natural healing and alternative healthcare for over 18 years, and specializes in protocols that address chronic fatigue and vaccinations.

Barbara Brodsky is founding teacher of Deep Spring Center and has been practicing meditation since 1960. Teaching since 1986, she draws on dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972 and is channel for the spirit, Aaron.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, altered states, metaphysics, and the spiritual journey since 1972. She is a Melchizedek priest, spiritual coach, and healer, and teaches workshops that emphasize transformation and integration and performs personalized wedding ceremonies.

Heather Brumwell has been studying and working within the holistic health field for the past 20 years. She is the owner of Vita Sun Health Store as part of the Aprill Wellness Center, and is a volunteer with the Grass Lake Sanctuary.

Marnie Burkman, MD, ABIHM, is a psychiatrist with Michigan Integrative Psychiatry at the Aprill Wellness Center, and is a volunteer with the Grass Lake Sanctuary.

Diane Burney, RNC, BSN, M.Ed., has over 35 years experience in nursing, management, counseling, and education. She is a registered nurse, certified hypnotherapist, and certified Reiki Master/Teacher.

Center for the Childbearing Year offers contemporary birth preparation, comprehensive breastfeeding support, DONA International birth and postpartum doula workshops leading to professional certification, continuing education programs for professionals, holistic approaches, lending library, and community resources.

Barb Christensen has a background in Aikido and Shudokan Karate, 6th degree black belt Shorin RYU Karate.

Stefanie Cohen, a solo and collaborative dance/movement artist, has taught and performed at universities, retreat centers, and dance festivals throughout the U.S.

Tammy Corwin-Renner’s current favorite song is Be True by Terry Garthwaite: “Your heart will never break if your life is what you make it. Take it in your hands, let your spirit dance. Your dreams are coming true when you’re loving what you’re doing. To yourself be true, your heart is calling you.”

Dorothy Ann Coyne has been a student and practitioner of yoga and meditation since 1971. Mother of four and grandmother of five, she is a certified Kripalu Yoga teacher and senior teacher of meditation for Deep Spring Center.

Teachers, Lecturers, Workshop Leaders and the Centers



Questions for Yoga Teacher Christy DeBurton About the Yoga Book Group

Bill Zirinsky: Christy, I’ve seen your listings for the Yoga Book Group. What is it?

Christy DeBurton: First and foremost, it is a book group where we discuss books that are holistic in nature – whether they’re about yoga, spirituality, personal growth, meditation, how the brain works, etc. However, it is a pretty laid-back book group. We are here to expand our minds and open ourselves up to new ideas, but we also have fun: everyone brings a vegetarian hors d’oeuvres to share, and we usually end up chatting about our lives as much as we talk about the books. For August’s book group, one of my students who lives on a lake hosted, and we had our discussion out in the middle of the lake on her pontoon boat!

BZ: How often do you meet, and how long has this Book Group been going on?

Christy DeBurton: We had our first meeting in January 2008. We meet every other month.

Do you have a set membership, or do different people show up at different meetings?

Christy DeBurton: We have a core group of about 6 people who have been coming from the beginning, but it has since grown. Last month we had 12 people.

What have you been reading this month? Tell us about it, please.

DeBurton: This month we are reading *My Stroke of Insight* by Jill Bolte Taylor. She is a Harvard brain scientist who, at the age of 37, had a stroke on the left side of her brain. The book is about her recovery, but it’s also about how the right and left sides of the brain work and, ultimately, how we can choose to perceive situations from either side of our brain. I’ve heard from several students who have already finished the book, and we have all found it really fascinating.

What book group choice led to the most stimulating conversation?

I would have to say *A New Earth* by Eckhart Tolle. It totally blew us away. There is just so much enlightening, practical information in it. We talked about that book for a long time at the book group and even afterwards. We highly recommend it to anybody who hasn’t read it yet. It will change your life.

What has been your favorite book, of the ones you’ve read in your Yoga Book Group? Tell us about that book, please.

The Tolle book! Tolle explains how it’s our ego that makes us react,

Halley Crissman has worked and volunteered in the LGBT community and is currently a master’s student in the U-M Public Health program.

Judy Crookes is a conscious channel who brings through the energy of Jacob, who has the ability to love and empower people through group work, meditation, ceremony, and personal intensives. Jacob has written many articles and has been published in *The Sedona Journal of Emergence*.

Kristi Davis has an MA in Transpersonal Drama Therapy Studies and Psychoneuroimmunology and is a Registered Drama Therapist Candidate.

Christy DeBurton, RYT, has been teaching yoga since 1998. She has trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan.

Deep Spring Center for Meditation and Spiritual Inquiry is a nonprofit organization devoted to offering teachings of non-duality and the meditation practices that support those teachings. Barbara Brodsky is founder and guiding teacher.

Cathy DeLauter is an ordained Interfaith non-denominational minister and student and teacher of metaphysics since 1978.

Mary Pat Dewey, OP, is an Adrian Dominican Sister currently ministering with the senior sisters on the campus of the Adrian Dominican Sisters. Prior to this, she was in full-time retreat ministry in North Carolina.

Jacki Dilley, LMSW, is a longtime member of the Zen Buddhist Temple of Ann Arbor and has been a psychotherapist since 1991.

Brenda Jo Domosle is a nutritional consultant providing education about diet and nutrition to build and maintain well being.

Jim Dreyer and **Tim Utter** are both volunteers with the Grass Lake Sanctuary.

Rachel Eckenrod, an Intuitive Energy Healer specializing in whole being alignment, owns and operates the Aromatherapy Blending Bar in Ann Arbor.

Dori Edwards has studied West African dance for 12 years with master dancers from Senegal and Guinea, and has travelled to and studied in Guinea.

Diane Evans has specialized in the areas of interpersonal and intra-personal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process, and works part-time at Crazy Wisdom Bookstore.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but you don’t regularly lead classes or workshops, you can still be listed in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.

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overreact, have all these different thoughts, etc., and once we realize that we are not our ego, we can choose to just look at our thoughts and reactions but not have to get caught up in them. We can just say, “Oh, that’s my ego. That’s not who I really am. I am the pure awareness behind the thoughts.” We can choose to live in the present moment and not get caught up in thoughts about the past or the future. Easier said than done, I know, but something we all need to remind ourselves of.

When did you start practicing yoga? And what style of yoga do you practice, and why is that style a good fit for you?

I started practicing yoga about 14 years ago. I did my teacher training and started teaching about 11 years ago. I practice a few different styles. I am not one of those students/teachers who strictly adheres to only one style. I believe there are many paths in yoga to achieving a balanced body, mind and spirit, and I encourage my students as well as myself to find the most inspiring and appropriate class/style for any given day. So, if I have a lot of energy and want to really work hard, I love a challenging Vinyasa class. I love Hatha when I need to slow down and relieve stress, or I’m just feeling low-energy. I do Yin yoga for its meditative qualities, and I love Kundalini because I find it very mentally and emotionally healing.

What’s do you love most about being a yoga teacher? And what do you find most difficult in your work as a yoga teacher?

I used to work as a cost analyst in the auto industry before becoming a yoga teacher. I was good at my job, but I felt like it was killing my soul. What I always tell people about why I love teaching yoga is that now, instead of making money for a big corporation, I get to help

people lead healthier, happier lives. Most difficult thing about teaching yoga? Hmm...no paid vacations or health insurance!

Thanks, Christy!

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(Christy DeBurton teaches yoga classes at her in-home yoga studio, known as The Yoga Room. Her website address is: www.christydeburton.com. Her phone number is: 734-761-8409.)



Participants in a Yoga Book Club gathering: (from left to right) Kim Lewis, Andy Mascaro, Sue Post, Dave Post, Liz Shtrahman, Melissa Francis and Christy DeBurton.

Is there another book that you’ve read in the Book Group that would be interesting to tell our readers about?

We also read *How Yoga Works* by Michael Roach and Christie McNally. For anyone interested in deepening his or her yoga practice and learning more about yoga philosophy, this is a great book. It teaches you about the Yoga Sutras through a delightful story. We all really liked this one a lot, too.

Linda Diane Feldt is a local author, teacher, and private practitioner since 1980. Her work provides an integrated approach to holistic health care, primarily utilizing craniosacral therapy, polarity therapy, massage, and herbology, and has written three books.

Patricia Fero, LMSW, is a psychotherapist specializing in women’s issues. She is the author of *Mining for Diamonds* and *What Happens When Women Wake Up?*

Bon Rose Fine, a student of astrology since 1993, offers consultations, teaches, lectures, and continues to learn about how the condition of the universe correlates to circumstances here on earth. She serves as president of SMART, a chapter of NCGR (National Council for Geocosmic Research).

Kathi Finney has extensive experience in meditation, astrology, crystal healing, intuitive healing, and women’s empowerment, with advanced training in Esoteric Healing. She is a Reiki Master.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998.

Jennifer Flowers is a Reiki Master and teacher of all levels of Reiki since 2003, and is a wife and mother.

Marcella Fox, Master’s degree in Social Work, studied shamanism in Peru, Canada, Hawaii, and the U.S. She is also a Reiki Master and certified in Hypnotherapy.

John Friedlander is an internationally acclaimed psychic, author, and teacher with degrees from Duke Univ. and Harvard Law School. He has studied with Jane Roberts in her Seth class and at the Berkeley Psychic Institute. His workshops are based on his book co-written with Gloria Hemsher, *Basic Psychic Development: A User’s Guide to Auras, Chakras & Clairvoyance*.

Erin Fry, RScP, is a Licensed Religious Science Practitioner with the United Centers for Spiritual Living with seven years experience teaching and facilitating classes, workshops, and groups at a Religious Science Center in CA.

Melanie Fuscaldo, LPC, NCC, is a life coach whose mission is to help individuals live their dreams and enhance their happiness using the wisdom of body, mind, and spirit.

Gaia School of Herbal Studies includes teachers and herbalists Michelle Medley, Peggy Jones, and Mary Light.

Georgie Galante is a mixed media artist certified in faux techniques and has been working with polymer and metal clay for over eight years.

Bronwen Gates, PhD, is practitioner of energy medicine and presents classes and consultations, combining both the intuitive wisdom of the shaman and nature mystic with the practical skills of an herbalist and scientist. She has also developed Faerie Flowers essences and Herbal Salves.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing an eclectic variety of avenues with which to explore the body, mind, and spirit. The Center offers ritual and ceremony, workshops and seminars, and health oriented classes and services.

Dr. Dan Geck, DC, is a practitioner in the fields of natural and alternative health.

Pam Gee is a certified instructor, CPR trained, and has nine years teaching experience.

Gelek Rimpoche, born in 1939 in Lhasa, Tibet, has played a crucial role in the survival and transmission of traditional Tibetan Buddhism. He is among the last generation of Tibetan Lamas fully trained in Old Tibet, pre-1959. In 1988, he founded Jewel Heart, a Tibetan Buddhist Center, with chapters throughout the U.S., Malaysia/Singapore, and the Netherlands.

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Jennifer Giacomelli received certification from Desert Institute of Healing Arts in Tucson, AZ in 1997. She worked at the world renowned resort/spa Miraval and become certified in Nuad Bo-Rarn Thai massage in Thailand. She now co-owns Tree of Life Cultural Arts Studio in Chelsea where she teaches dance.

Ann-Margaret Giovino is a Certified Postural Alignment Specialist through Egoscue. She coaches clients to become pain-free, injury-free, and strong.

Aura Glaser, PhD, is a clinical psychologist in private practice who integrates Eastern contemplative teachings and Western psychology, with an emphasis on unconditional presence and embodied awareness. She met Gelek Rimpoche in 1980 and co-founded Jewel Heart. She is the author of *A Call to Compassion: Bring Buddhist Practices of the Heart into the Soul of Psychology* and is the original owner of Crazy Wisdom Bookstore.

Esther Gokhale graduated from Princeton with a degree in biochemistry and earned her CA from the San Francisco College of Acupuncture and Oriental Medicine. Certified in Aplomb, a French movement re-education technique, she has travelled to Africa, Asia, Europe, and Latin America to study posture and movement in populations with a low incidence of back pain. She teaches a systematic method of restoring pain-free posture and movement in her Palo Alto clinic and is the author of *8 Steps to a Pain-Free Back*.

Ray O. Golden, MSE, Reiki Master, founder of Center for Intuitive Health, teaches Reiki, energy healing, and intuitive development classes for people and animals. He has studied psychic development for over 25 years, and has also studied quantum reflex analysis, enersense, Reiki jin-kei-do, esoteric healing, nutrition, touch for health, channeling, shin ji, and zero point process therapy.

Jude Goldstein, MA, LMT, has been a certified Rosen Method Bodywork Practitioner for the past two years. She has an MA in counseling from NYU and has practiced touch and talk therapy for almost 30 years.

Aarti Meg Graff has studied esoteric healing for 15 years and completed Esoteric Healing Levels 1-8 under Dr. Barb Briner. She studied mantra meditation and Ayurvedic medicine with Deepak Chopra and is president of Lighthouse Center in Whitmore Lake.

Douglas Graham is a raw food health leader and fitness trainer, and 27-year raw fooder. He has authored many books, including *The 80/10/10 Diet*.

Jocelyn Granger, Director, is founder of AAIMT. She has extensive training in various massage modalities, including Myofascial Therapy, Neuromuscular Therapy, and Sports Massage, and instructs advanced courses across the country.

Great Lakes Center for Healing Touch student training clinic is a nonprofit organization dedicated to providing the benefits of Healing Touch to the community at a reasonable rate and assisting students of Healing Touch to become practitioners.

Alice Greminger has been empowering people with Alexander Technique since 1984. Her movement background includes ballroom dance, Tai Chi, and cello performance.

Su Hansen is a certified Enneagram teacher in the Narrative Tradition, a psychotherapist, and founder of The Enneagram Center of Ann Arbor.

Craig Harvey has been leading peace meditations and world healing vigils since 2001.

Alice Greminger has specialized in empowering people though Alexander Technique since 1985.

Nirmala Nancy Hanke is a longtime meditator and teacher of meditation at the Lighthouse Center. A psychiatrist, she integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Patty Hart of Every Body Happy Yoga is a yoga instructor at the Aprill Wellness Center and is a volunteer with the Grass Lake Sanctuary.

Linda Simran Harvey has been an astrologer since 1972. She was recently certified in Quantum Energetics Disciplines, life-changing energy work that she includes in her astrological consultations.

Dan Hoffman is a Certified Massage Therapist who has been practicing Martial Arts and Standing Meditation to improve his body/mind connection and hopes to help others find more freedom in their bodies and lives.

Mary Hopkins, OP, is a Dominican Sister of Sinsinawa, and has worked for many years in the fields of aging and spirituality. In addition to preaching retreats, she has a counseling and spiritual direction practice.

Nina Howard is the owner of Bellanina Day Spa and Institute. She is also a massage therapist, esthetician, Polarity Therapy Practitioner, artist, and interior designer.

Dennis Hunt has read most of Ken Wilber’s books and participated in three seminars through Integral Institute.

Karen Husby-Coupland of Harmony Yoga of Ann Arbor is a certified Iyengar Yoga teacher. She has taught since 1999 and has been practicing yoga since 1993.

Indigo Forest: Holistic Family Center in Ann Arbor provides one-stop support through classes and products that nurture healthy pregnancies, parenting, and lifestyles.

Interfaith Round Table is committed to building bridges of understanding and friendship among local religious leaders and institutions.

Inward Bound Yoga is a seasoned community of trained, experienced, longtime yoga instructors who teach at Friends Meetinghouse in Ann Arbor.

Liz Jelinek, MA, LLP, is a PhD student at the Academy of AstroAstrology and a doctoral student in Clinical and Humanistic Psychology at MiSSP. She’s been a student of astrology since 1967.

Lana Jerome is a masterful baker, and is a volunteer with the Grass Lake Sanctuary.

Karen Jones has worked successfully with trauma, anxiety, and pain in mainstream medicine for over 12 years and is now in private practice.

Shaqe Kalaj, cofounder of Art & Ideas in Plymouth, is an artist, teaching artist, creative coach, activist, and public speaker.

Karen Kerns is a Registered Polarity Practitioner and educator.

Jillian Kerry is a twice-certified Life Coach through Coach Training Alliance and Parent and Coach Academy, and also a certified NCGR Level 2 astrologer.

Gaia Kile, FNP, is a Family Nurse Practitioner with over 10 years experience in natural and holistic approaches to disease and health. He received his Masters in Nursing from U. of MI., completed advanced training from the Center for Mind-Body Medicine, is certified in therapeutic lifestyle counseling, and provides direct care at a holistic primary care clinic in Ann Arbor.

Shala Kilmer offers private readings for an international clientele and teaches various development classes.

Carole Kirby, LMSW, specializes in couples counseling with 30 years experience as therapist, coach, and inspirational teacher. She is a certified Imago therapist and workshop presenter, and also sees individuals and families.

Rev. Susan King is an ordained Interfaith minister with a doctorate in ministerial studies, specializing in the spiritual traditions of native cultures.

Rev. Annie Kopko is an ordained Interfaith minister with experience in a wide variety of spiritual traditions.

Dave and Pat Krajovic, founders of The Global Breath Institute, are Certified Transformational Breath Facilitators and Senior Trainers, and are Nationally Certified Massage Therapists with training in Craniosacral Therapy, Pranic Healing, and Esoteric Healing.

Laurie Krauth, MA, LLP, an Ann Arbor psychotherapist of 16 years, specializes in helping with anxiety, depression, relationships, and LGBT issues, with individuals and couples. A limited license permits practice under the supervision of a licensed psychologist (Nathan Claunch, PhD).

Nicole Lanning, founder of Healing Art Forms Institute, is a natural born empath and psychic medium that has focused her life on crystal, energy, and spiritual teachings.

Deborah Larrimore, RN, LMBT, CHTP/I, is a registered nurse, licensed massage and bodywork therapist, certified Healing Touch practitioner, and instructor. She received a BSN in healing arts in 1975 from East Carolina University.

Rev. Kristyne Lemerand has been involved in drumming for many years.

Frank Levey is co-director of Blue Turtle Nature Camp in Ann Arbor and has studied extensively with Tom Brown, Jr. He is also a certified Transformational Breathwork Facilitator and Insight Meditation instructor.

Mary Light, ND, MH, is the founder of Naturopathic College of Ann Arbor.

The Lighthouse Center in Whitmore Lake is a nonprofit spiritual organization devoted to meditation and ahimsa, loving in peace with all beings. The Center makes monthly donations to others in need, including the Whitmore Lake Health Clinic and Sasha Farms in Manchester.

Ellen Livingston has been thriving on a simple fruit and vegetable diet for years and has extensively researched the areas of disease avoidance, health creation and nutrition. She is a registered yoga teacher.

Darri Low-Murphy has been an astrological consultant and teacher since 1980, practicing in the greater metropolitan area (1982-90), and then in northwest Ohio where she is now also a nurse-educator.

Janice Lynne Lundy is an author, retreat director, and spiritual mentor. Her most recent book is *Your Truest Self: Embracing the Woman You are Meant to Be*.

Sara Martens is the Admissions and Academic Coordinator at AAIMT and also a graduate.

Barbara Marynowski is a 1st Dan Black Belt Instructor in Juko-ryu Tai-Ki, receiving personal and ongoing training under Dr. Rod Sacharnoski, Dai-Soke, 10th Dan and president of Juko-Kai International. She is also a professional intuitive and clairvoyant with more than 12 years of guided training and research.

Barb McConnell, LPN, CHTP/I, is a Licensed Practical Nurse, Certified Healing Touch Practitioner, and Instructor for Levels 1 and 2, with a private practice in Grass Lake. She has over 30 years experience in clinical, industrial nursing and industrial management.

Molly McMullen-Laird and **Quentin McMullen** are both MD’s at the Rudolf Steiner Health Center in Ann Arbor, offering traditional Anthroposophic medical care and healing modalities.

Phil Meade has been a practicing astrologer since 1987. He is an author, poet, and member of the International Society of Neoplatonic Studies.

Lani Kwon Meilgaard, MA, is a transformational empowerment coach, writer, and public speaker and is a member of the International Coach Federation.

Gary Merel is an acupuncturist and health practitioner with the Acupunture Center of Ann Arbor in the Aprill Wellness Center, and is a volunteer with the Grass Lake Sanctuary.

Teachers, Lecturers, Workshop Leaders and the Centers

Michigan Friends Center in Chelsea seeks to promote environmental stewardship and social justice.

Richard Miller has studied under Gao Dao Shan in Taiwan, Adam Hsu in San Francisco, and He Jinbao in China, and has over 30 years training.

Joanna Mills is a professional photographer who has years of experience creating foods for those with food sensitivities, and is also a volunteer with the Grass Lake Sanctuary.

Alice Mixer is a social worker and certified Enneagram teacher in the Narrative Tradition.

Sandra Moss, MSPH, is the author of *Healing Depression the Mind-Body Way*. A certified member of the National Ayurvedic Medical Association, she has a private practice in Ann Arbor and Bloomfield Hills.

Susan Mumm, MA, LPC, is a licensed professional counselor and mental health educator in Ann Arbor.

Irena Nagler is a director and performer with Nightfire Dance Theater and has facilitated community dance events since 1987.

Joy Naylor is a professional interior designer and Certified Feng Shui Practitioner.

Kerry Kelly Novick is a local psychoanalyst who has worked with families and children for over 40 years in schools, hospitals, and private practice.

Sondra O'Donnell, RYT 500, is a certified Registered Yoga Teacher and Yoga Therapist, and runs the Sun Moon Yoga Teacher Certification Program recognized by the Yoga Alliance.

Glenn Pailthorp is a clairvoyant trained in spiritualist and shamanic traditions, and certified in hypnotherapy and neuro-linguistic programming for 17 years.

Craig Parian, certified Shiatsu/Shin Tai practitioner, trained at the International School of Shiatsu. Currently Shiatsu teacher at the AAIMT, his private practice includes Shiatsu, structural alignment, central channel clearing, and Himalayan bowl healing.

Sifu Genie Parker has trained and taught Wu Style for over 20 years. She is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and Gatekeeper of the Wu Style.

Ruth Pasquine is an artist and art historian. She received her PhD in art history in 2000, began painting Tibetan deities in 2006, and has recently begun lecturing on the history of Tibetan art.

Ellen Porter, M.Ac., L.Ac., Dipl. Ac., is a nationally certified acupuncturist specializing in gentle Five Element Acupuncture. She is a certified NADA Acupuncture Detoxification Specialist using Auricular 5 Needle protocol.

Heather Prusi-Wilson is a registered nurse and childbirth educator. She has worked as an obstetric nurse since 2002 with a focus on labor support, newborn care, breastfeeding, and client education and empowerment.

Quest Martial Arts instructors help students learn in a safe environment while having fun, emphasizing the student's development through both physical skills and life skills.

Anuja Rajendra, along with her two sisters, studied Bharat Natyam, a classical Indian dance style. The Rajendra sisters graduated to professional level, giving their Arangetrum (professional stage debut) when Anuja was 12 year old. **Ita Reyes** has been practicing yoga for five years.

Barbara Robertson, MA, IBCLC, is director and owner of the Breastfeeding Center in Ann Arbor, board certified lactation consultant, and breastfeeding educator.

Robin Robinson is the director and teacher of Robinsons for Kids Center. She has recently moved to Ann Arbor from New York City where she taught Music Together for eight years.

Anita Rubin-Meiller, LMSW, and **Dawn McCalla**, LMSW, have been working in the fields of addiction and trauma recovery for over 20 years. In addition to treating individuals, families, and couples, they have co-facilitated the Tapestries group for seven years. Anita has a private therapy practice and is a member of the CGSP mental health team.

Jonathan Rudinger, RN, LMT, has been instrumental in developing the field of canine massage for people at home and at the professional level since the mid-1990's. He has facilitated over 200 week-long canine workshops at the PetMassage Ltd. in Toledo.

Renee Rutz is a Registered Polarity Practitioner.

Sally Rutzky holds an Introductory yoga certificate and has taught for 27 years.

Sue Salaniuk holds a Junior Intermediate III yoga certificate and has taught for 21 years.

Sandya (Sandra Shears) is a lightworker and vibrational practitioner since 1990 as guided by the higher communities of light

Lee Schaberg is a Certified Oneness Blessor, Levels I and II with Oneness University in Fiji.

Bill Schafer, PhD, is a clinical psychologist, certified Enneagram teacher in the Narrative Tradition, and author of *Roaming Free Inside the Cage: A Daoist Approach to the Enneagram and Spiritual Transformation*.

Natasha Schaffer is a certified Yoga Meets Dance facilitator and has been teaching and dancing for 12 years.

Michael Schulman, PhD, is a psychologist and psychoanalyst in private practice in Ann Arbor. He serves on the adjunct faculties of the U of M, Madonna University, and the University of Toledo.

Melisa Schuster, LMSW, is a psychotherapist with over 15 years experience helping clients learn to manage symptoms of stress, depression, anxiety and trauma.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a public charity near Lansing. Its aim is to support those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Malcolm Shaffner is a certified massage therapist and Reiki Master who has been practicing for 13 years. **Greg Weathers** is a Reiki Master.

Judy Shepard is certified in Hypnotherapy, EFT, and Reiki, and is a student of meditation.

Vijayalaxmi Shinde is a scholar of both Eastern and Western traditions in palmistry. She is available for readings and guidance relating to birth traits, aptitudes, career, relationships, business, wealth, and well-being, as well as all other aspects of life.

Michael Singer holds a PhD in clinical psychology from the University of Washington, and is a post-doctoral fellowship in clinical psychology from Harvard Medical School. He is a graduate of the Michigan Psychoanalytic Institute in adult, child and adolescent psychoanalysis.

Lynn Sipher, LMSW, has been providing individual, couple, family, and group therapy for 25 years and practices mindfulness meditation.

Missy Siudara is 3rd Degree Black Belt in Shorin Ryu Karate.

SMART is Southeast Michigan Astrologers' Round Table, a chapter of National Council for Geocosmic Research. This group of astrology students and professionals have been meeting since 1994, and use their association for networking, engaging speakers, and discussing matters of concern and interest to astrologers.

Prema Lindsay Smith, RN, BSN, is the proprietor of Inner Balance Therapy and has been in private practice for over 30 years, specializing in craniofacial therapy, massage, and body-work. She is a faculty member of AAIMT and teacher for 11 years, and was formerly triage nurse in Internal Medicine and primary nurse in Adult Rehabilitation for 16 years.

Rita Soman, MA, has a Masters in Psychology and is a certified Addictions treatment specialist, PSYCH-K Instructor, and Facilitator with 22 years experience working as a psychotherapist.

Spirit Weavers is an organization dedicated to providing experiential training in shamanism and offering shamanic healing, locally and long-distance.

Jaminda Springer has been working in child care and education for over 18 years. She manufactures and sells baby carriers and slings through her company Nato Bello.

Ema Stefanova, owner of Ann Arbor Yoga and Meditation, is a yoga and meditation master, accomplished yoga therapist, and trainer since 1979. She guides and inspires in all aspects of holistic, therapeutic, and spiritual yoga and belongs to the world renowned Satyananda Yoga lineage.

Gari Stein, educator and consultant since 1966, is owner and director of Music For Little Folks for children birth to age eight and their families. She is an active member of the early childhood community with degrees in Child Development and Dance, and is the author of *The More We Get Together: Nurturing Relationships through Music, Play, Books, and Art*.

Kate Stroud is a certified birth doula, childbirth educator, certified massage therapist, belly caster, and mother of two.

Elizabeth Sullivan, a student of Vedic Astrology since 1999, has studied with Hart deFouw since 2002. Elizabeth received certification through the American College of Vedic Astrology in 2004.

Janene Ternes is a commissioned spiritual director through the Ignation Spirituality program at Manresa Jesuit Retreat House and founder of Prayer in Motion, LLC in 2003.

Tanya Thunberg, RYT 200, is a certified Registered Yoga Teacher and runner.

Mary Tillinghast has managed Castle Remedies for over 25 years and has received hands on training with Dr. Lev Linkner, having worked with him in his medical practice.

Nancy (Nur-un-nisa) Trautman is a Sufi Cheraq (minister) and a certified leader of the Dances of Universal Peace.

Nancy Udow holds an Introductory yoga certificate and has taught for 13 years, and has a background in dance.

Karen Ufer is a certified Iyengar yoga teacher with 30 years practice and 20 years teaching, and is owner of Yoga Focus in Ann Arbor.

Natalia Vail was raised in Russia and has been enamored with dance since the age of six. She enjoyed professional dance performances in Moscow, England, Canada, and the U.S.

Violeta Viviano is a teacher in John Friendlander's system, working with him for close to 20 years. She has a degree from Wayne State Univ. and lives with her family in Ann Arbor.

Cam Vozar, LMSW, LMFT, is a psychotherapist in private practice who has worked with men and their families for over 20 years. He has led and participated in numerous men's groups and is a Level II EMDR certified therapist.

Merri Walters has been a holistic health practitioner in Ann Arbor for 30 years. Working with, creating, and teaching about flower essences have been an integral part of her practice.

Diane Wind Wardell, PhD, RN, WHNP-BC, AHN-BC, CHTP/I, has taught all levels of the Healing Touch Program. She is the author of *White Shadow: Walking with Janet Mentgen*, which includes her experience and interviews with the founder of Healing Touch.

Teachers, Lecturers, Workshop Leaders and the Centers

Wendy Warrick is an interior designer and feng shui practitioner. She has taught many gourmet and health-related cooking classes and is a volunteer with the Grass Lake Sanctuary.

The Wellness Community in Ann Arbor aims to help people with cancer and their loved ones enhance their health and wellbeing through participation in professional programs of emotional support, education, and hope.

Christia West, BS, NCTMB, is a graduate of AAIMT and instructor, and has practiced massage therapy since 1999 in a thriving private practice.

Suzy Wienckowski, Reiki Master, Registered Massage Therapist, has 29 years experience in the healing arts. Reiki has been the focus of her work since 1993. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Joshua Wilde has been studying the Tarot for 20 years and has been giving readings professionally for over a decade. He is a student of Transpersonal Psychology, Jungian analysis, Astrology, palmistry, and all things occult. He is also an accomplished juggler and magician, and works part-time at Crazy Wisdom Bookstore.

Eve Wilson is a full-time healer and trainer of healers since 1986, and is a natural intuitive aura reader/healer.

David Winfree has explored a wide range of spiritual practices and has significant experience in facilitating spiritual growth groups. After he experienced a profound shift of consciousness, he began his current teaching ministry through the Interfaith Center.

Yoga Serves is a group of local yoga teachers and practitioners who know that yoga serves on many levels, creating community through the fun of serving others together.

Wasentha Young is a Master of Tai Chi Chuan and Chi Kung with over 40 years experience. She is a certified acupressurist and holds a Master’s degree and a Wellness Counselor in Mind/Body Consciousness certificate from the Institute of Transpersonal Psychology.

Ann Zalek, BS, NCTMB, CEIM, is a certified educator of infant massage, certified educator of Dunstan Baby Language, a nationally certified massage therapist, and a Third Degree Reiki Master/Teacher at TheraCare Therapeutic Massage and Healing Arts Center in Ann Arbor.

Christy Zarek is a graduate of AAIMT and has practiced massage for over five years. She has had extensive training in the art of Stone Therapy and is Nationally Certified through the NCBTMB.

Karla Zarley, RN, CHTP, has 29 years experience in preventative and holistic nursing care and is a Certified Healing Touch Practitioner. She has been in private practice for 10 years in the Ann Arbor area as a professional Healer and Educator, providing spiritual direction, energy work, colored light therapy, and patient advocacy.

Zen Buddhist Temple of Ann Arbor is led by resident priest Ven. Haju Sunim. Its yoga instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training.

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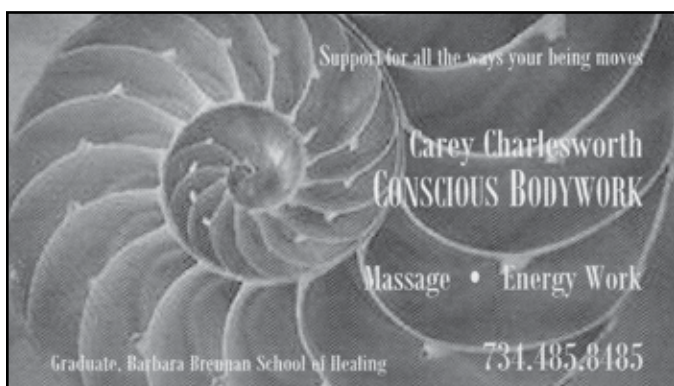
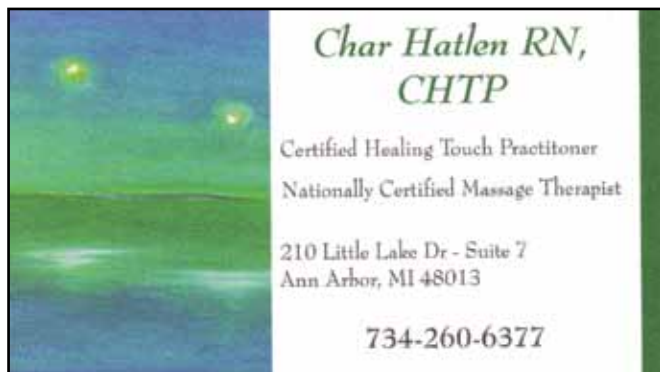
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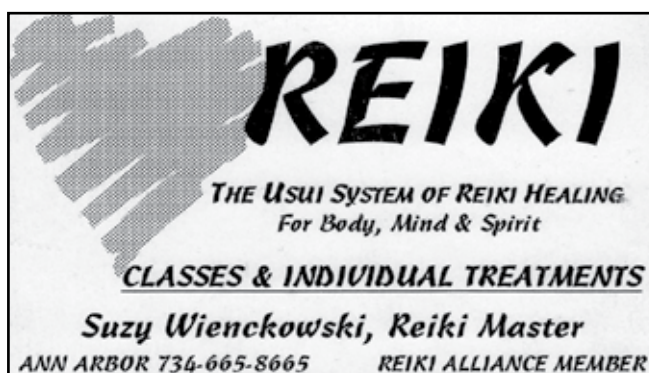
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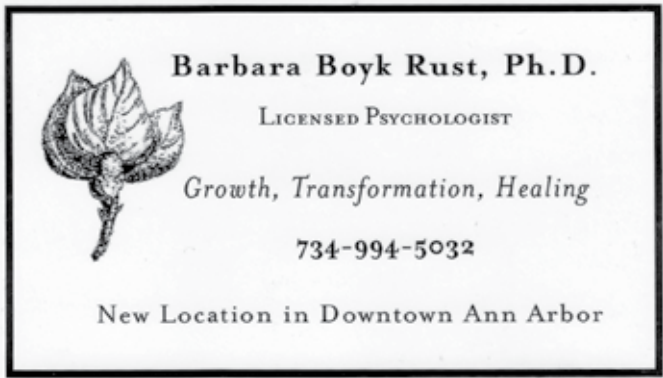
As we struggle with shopping lists
and invitations, compounded by
wintertime's bad weather,
it is good to be reminded
that there are people in our
lives who are worth this
aggravation , and people to whom
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~ Donald E. Westlake

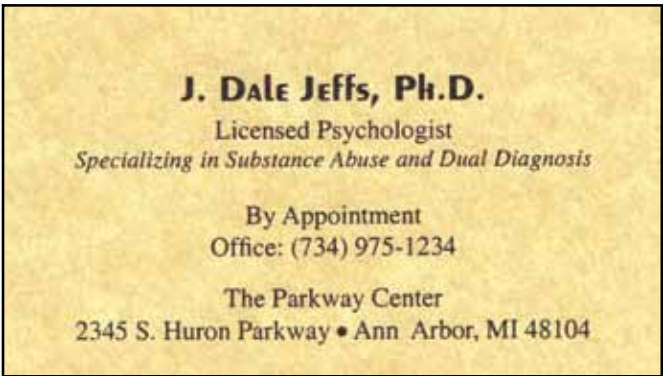


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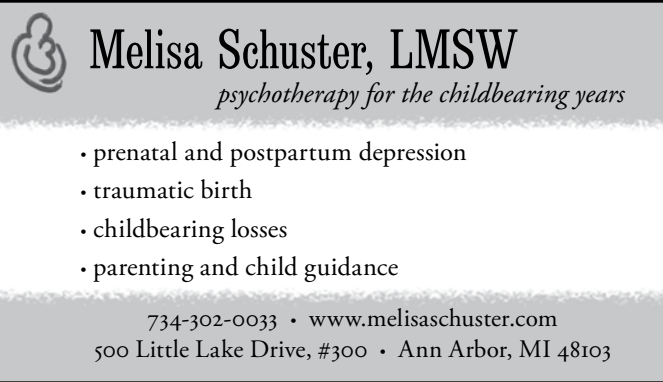
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